Better Homes and Gardens®

OCTOBER 2010
BHG.COM $3.99

Homemade Meals in 30 Minutes
p.226

Free stencil at BHG.com/fall pumpkins

Easy Decorating Indoors & Out

autumn splendor

5 Fabulous Colors For Radiant Rooms

Nigella Lawson's Family–Pleasing Harvest Dinner

Traditional Style For Small Spaces


Better Homes and Gardens
FLOWERS by FTD
Click here to view the collection
Brilliant fall flowers... beautiful savings
SAVE $15
on any item
SHOP NOW
FTD
THE FLOWER EXPERTS™

©Inter IKEA Systems B.V. 2010



Made by the Garcias

Designed by IKEA®

There's little in this world the Garcias deem more important than good friends and excellent food. Their new kitchen is perfect for them with built-to-last cabinets, deep drawers that organize their party supplies and lots of counter space for prep work and just hanging out. Next up…a house full of happy people to complete the dream. Create your dream at **IKEA-USA.com/kitchen**

AKURUM kitchen with ÄDEL/RUBRIK doors and drawer fronts $6529 Medium brown stained and clear lacquered solid birch/birch veneer ÄDEL doors/drawer fronts. Stainless steel foil finish RUBRIK drawer fronts. Requires assembly and installation. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toekicks, legs, visible moldings and panels. Countertops, sinks, faucets, handles and knobs, appliances and lighting are sold separately. See IKEA store or IKEA-USA.com for limited warranty details. Valid in US stores.
See IKEA store for country of origin information and 10'×10' kitchen layout details.


EVERYDAY QUALITY - LIMITED WARRANTY
25
YEAR
IKEA
AKURUM/ÄDEL kitchen*
Starting at
$1999
Based on 10'×10' kitchen
IKEA
The Life Improvement Store™


What do you do when you're
the #1 anti-aging foundation?*
Start a family!
©2010 P&G.

COVERGIRL®
& OLAY®

Meet the SIMPLY AGELESS FAMILY WITH OLAY REGENERIST SERUM

4 ways to younger, firmer-looking skin!

EYE CORRECTOR
Makes extreme dark circles seem to disappear.

EYE CONCEALER
Covers imperfections to brighten.

FOUNDATION
Smoothes on skin, doesn't settle in lines and wrinkles.

SCULPTING BLUSH
Highlights cheekbones for an instant youthful glow.



Ellen DeGeneres looks simply amazing in Ivory foundation, Plush Peach blush, light concealer and corrector.

*Past 6 months volume share based on independent study.

MATCH YOUR DEPARTMENT STORE SHADE FOR LESS @ COVERGIRL.COM

easy breezy beautiful COVERGIRL

Olay®

PROFESSIONAL

CAN SCIENTIFIC STUDIES AND BEAUTY MAGAZINES AGREE

on what's effective in anti-aging skin care?



©2010 P&G

OLAY PROFESSIONAL PRO-X

In beauty and science magazines and in a dermatology periodical, Olay Professional Pro-X is recognized as not just effective, it's been cited for cutting-edge technology. It's in line with a leading prescription brand at reducing the look of wrinkles, and has been given a Best of Beauty Award. Olay Professional. Anti-aging with expertise, science and women behind it. OlayProfessional.com

PRO-X **POTENT. PROVEN. PROFESSIONAL.**

Pro-X hydrates to reduce the appearance of wrinkles. The prescription takes 24 weeks to see full results and longer-term comparative results may be different. *Age Repair Lotion.

contents oct2010

volume 88 | number 10



features

42 NATURAL ATTRACTION
A ranch-home redo, including a new screen porch, fits a family of four who spend more time outside than in.

132 POLISHED STONE
Pebbles, rocks, and boulders blend for a surprisingly comfy backyard sanctuary.

196 DINNER IN WITH NIGELLA
A languid, happy weekend of hanging out with the Food Network star—and savoring simple, delectable dishes.

fresh

21 IDEAS FOR LIVING WELL
Eye-catching watches, pumpkin artistry, radio on the Internet

30 GOOD SPIRITS
Uncork a fall-flavored wine-tasting party. These ideas make it so easy.

CONTINUED ON P7

on the **cover**

Autumn Splendor

Colors for Radiant Rooms – 53

Traditional Style for Small Spaces – 66

Daffodils to Plant Now – 160

Nigella Lawson's Harvest Dinner – 196

Homemade Meals in 30 Minutes – 226


Olay
Tens of thousands voted.
Olay came out the winner.
©2010 P&G
REGENERIST
DNA superstructure
UV cream
SPF 25
OLAY
dual action
cleanser+
pore scrub
PRO-X
age repair
lotion with
SPF 30
PRO-X
deep
wrinkle
treatment
PRO-X
wrinkle smoothing
cream
PRO-X. Best Anti-Aging Kit.
In an independent study presented by Better Homes and Gardens, Olay was voted best across facial cleansing and anti-aging categories by thousands.* We're confident you're going to agree. Become a fan at www.facebook.com/Olay.
OLAY. CHALLENGE WHAT'S POSSIBLE.™
*Based on a national study among 50,000 conducted by BrandSpark International. Some participants in the survey, including Olay, paid a nominal application fee for consideration for the award. For more information, visit www.BestNewProductAwards.biz.
Better Homes and Gardens
2010
BEST NEW PRODUCT
Voted by Consumers
– powered by BrandSpark –

contents oct2010

CONTINUED FROM P5

home

53 COLOR
Sun-baked terra-cottas

56 KITCHENS
An opened-up space has the best seats in the house

66 DECORATING
A closer-to-family move gives a downsizing couple fresh style

78 GET ORGANIZED
Put the right spice at hand with these smart setups

82 FASHION FORWARD
Rooms as fitting and pretty as your favorite clothes

86 MAKEOVERS
Just a few changes can amp up your curb appeal. Check out our 3 projects.

96 LIVING GREEN
Eco-friendly home-building: 9 features that look great

108 RENOVATION
Clutter captured in a mudroom

118 KNOW-HOW
Tips and picks to improve your home

garden

138 INSTANT IMPACT
Nature-kissed table displays

144D HOW-TO
A wreath of succulents

150 CONTAINERS
Potted sedum

152 LANDSCAPING
Excavated stone and drought-tolerant plants are put to work in a garden.

160 PLANTINGS
Daffodils! Plant them now.

167 KNOW-HOW
Tools & tips for everyone who loves to dig

style

175 FASHION
Those special clothes—wear them for the joy of it

180 BEAUTY
Berry lips, radiant-skin basics, beauty news

food

205 WHAT'S COOKING
Caramel—it's flavor gold

220 AMERICAN CLASSICS
Soup beans

226 EVERYDAY EASY
Meals in 30 minutes or less

232 KNOW-HOW
Tools & tips for everyone who loves to eat

236 GATHERINGS
Party fixings from the candy store

253 WIN MONEY
Monthly recipe contest

254 PRIZE TESTED RECIPES®
Tailgate Nibbles
Stuffed Pasta

better

BETTER HEALTH

259 BREAST HEALTH
The mammogram question
Your risk (take our quiz)

272 HEALTH NEWS
The benefits of a stroll
Restless leg syndrome

BETTER MONEY

277 MONEY NEWS
Online clothes-swap
New-car deals

BETTER FAMILY

280 CYBER CLASS
Doing battle with bullying

284 BOO WHO?
Make a fantastic Halloween mask





in every issue

8 BETWEEN FRIENDS

10 IN YOUR WORDS

290 RESOURCES

294 I DID IT

READER SHOPPING

115 WISTERIA

275 FLOWERING QUINCE

between friends

In this colorful month, we've got a new look that's fresh and friendly.

The October issue is always one of my favorites, with its brilliant autumn colors and the cozy rooms they inspire. So I am especially happy that this is the issue that launches a new look for *Better Homes and Gardens*, designed to let photos and ideas shine. A new layout style makes our pages cleaner and friendlier to read. We've updated our type style and graphics for a more modern look that's still true to who we are. We've got new ways to point out tips and *ahas*. And we've reinstated more white space—lots of it. "It's like someone opened a window and let in a breath of fresh air," commented executive editor Kitty Morgan. I hope you agree.

Along with our new look, we're debuting a new department this month: Home Know-How, dedicated to easy decorating ideas, home-keeping tips, and useful products. It's inspired by a similar, much-loved department in the garden section, The Gardener, which we're renaming Garden Know-How. Our monthly Everyday Easy recipes—meals in 30 minutes or less—keeps its name but appears in a new format that our reader panel applauded in previews.

Finally, in a *BHG* milestone, we're also introducing a new showcase for winners of our monthly Prize Tested Recipes contest. For more than seven decades, the winners' recipes have been printed sideways so they could be clipped and tucked into the *Better Homes and Gardens* "Red Plaid" cookbook. Now we're giving our winning recipes a chance to stand tall in a format that's easier to read and—more important—gives us space to introduce the talented cooks. Because along with all the other changes, we're creating more spaces to hear from you each issue: your e-mails and letters, your posts on Facebook (facebook.com/mybhg), and your insights expressed through The Motherboard, our online panel of moms (join at BHG.com/Motherboard). Let us hear from you!



Gayle Goodson Butler,
Editor in Chief

letters & comments BHGEditor@meredith.com
subscription help BHG.com/service
write 1716 Locust St., Des Moines, IA 50309-3023



PHOTO: KATHRYN GAMBLE

better now
BHG for Your Mobile Phone

Now you can find our popular website on your mobile phone. Visit BHG.com on any Web-enabled phone to search for recipes, browse inspiring ideas, or get holiday tips. Bookmark us for instant access anytime.

What I Learned This Month

From Nigella Lawson
The Food Network star shares a casual dinner, page 196, and a Nigella trademark: mixing salad dressing in a repurposed mustard jar. It's shapely, humble, and the right size for a small batch.

From a color expert
Our color of the month, terra-cotta, plays well with deep purple accents. Good to know, because my own living room has a russett accent wall—a color move I've never regretted.

On our Facebook page
Photo albums with 4x6 sleeves are perfect for saving recipes jotted on standard file cards. Brilliant.

On BHG.com
For a longer-lasting jack-o'-lantern, coat carved edges with petroleum jelly or spray the interior with a plant protector, such as Wilt-pruf. (PS: our site has 100s of 'jack' designs to try.)

From a quiz on pg. 267
My risk level for breast cancer. Take note: October is Breast Cancer Awareness Month.

mommyisms: insights from mom to mom

Now, the simple joy of a Happy Meal® leads to a simple act of kindness.



The Happy Meal she loves now helps families be closer to the ones they love. And that makes every trip to McDonald's® even more special for me.

She's happy and I'm happy to help. Sharing a great meal with my family and helping Ronald McDonald House Charities® too? That's a Happy Meal.



Every Happy Meal sold now supports Ronald McDonald House Charities.





Your donation goes to help more than 700 families of hospitalized children each day.

i'm lovin' it®

McDonald's donates 1¢ per Happy Meal sold, at participating McDonald's® beginning June 25th. ©2010 McDonald's

in your words



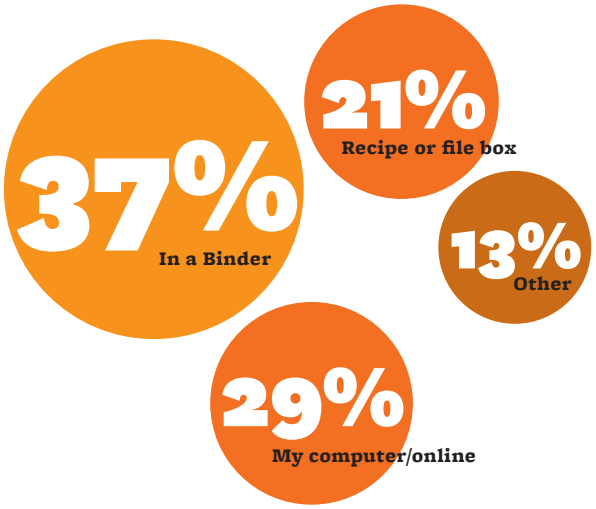
Camp Nostalgia

I was thrilled to see the renovation of the Lake Bruin fishing camp in your August issue. My mother was born in the area, and many of her extended family members still live there. (I actually stayed in one of those little duplexes!) My mom, Annette Burke, passed away in February. She would have loved seeing the transformation of that camp.

Rikke Burke Graber
Houston, TX

WE ASKED ON FACEBOOK.COM/MYBHG

How do you organize recipes?



We asked: Have you made a "someday" dream into reality?

During a Florida vacation we spotted our dream home at the end of a long lane. Few people would have seen the charm in it, but we could sense it. I wasn't yet planning to retire, but **as we walked the wooded property, we knew we were home.** My husband picked up a couple of pinecones from the drive and put them in his pocket. I said, "Bear, those don't belong to us," and he said, "I'll bring them back when we return." That's when I knew we were going home to Pennsylvania and put our house on the market. Last fall, the Bear put the pinecones back where they belonged. We were home.
Sharon Passero
Estero, FL

I'm a watercolor artist and had always dreamed of having **my own studio.** One lovely September day my husband took me for a ride on the motorcycle through the countryside. We crested a hill, and I saw the most beautiful dilapidated little schoolhouse ever! We made an offer, it was accepted, and I've had the time of my life working on it. It's enriched my life in ways I never expected.
Linette Beck

"We turned an overgrown part of our property into a garden and orchard. It was a thrill to make a complete meal from my backyard."

Marci Dollinger
San Rafael, CA

About Our Issues

Pitcher this!

It seems I've been reading BHG since I could read and have found only one correction in this magazine of terrific ideas. That being the leftover-margaritas idea on page 166 of the August issue. Just when did anyone have any "leftover margaritas?" This calls for an additional pitcher of margaritas!

Judy Slater
Oak Island, NC

Biceps and beauty

There are so many great articles in the August issue. This morning I got my 2- and 4-year-olds to do the exercises on page 204. And you should have seen my 4-year-old's face when he found me plucking my eyebrows (page 130).

Katharina Mills
On Facebook.com/mybhg

LETTERS & COMMENTS BHGEditor@meredith.com
TWITTER twitter.com/bhg **FACEBOOK** facebook.com/mybhg

Olay

BODY WASH

ARE YOU PAYING FOR A BODY WASH THAT'S

85% WATER?

GET MORE FROM OLAY ULTRA MOISTURE BODY WASH.

***2X** the combined cleansers and moisturizers and 25% less water than the top-selling body wash, to leave your skin soft and smooth.*

OLAY. CHALLENGE WHAT'S POSSIBLE.™



©2010 P&G



For more about the Anabelle™ pullout faucet and other Moen® products designed for your life, go to moen.com.

© 2009 Moen Incorporated. All rights reserved. MOEN, "Moen. Buy it. for looks. Buy it. for life.", The Crossed Water Drop design and Anabelle are trademarks of Moen Incorporated.

Better Homes and Gardens

Gayle Goodson Butler
Editor in Chief

Kitty Morgan
Executive Editor

Lamont D. Olson
Managing Editor

Michael D. Belknap
Art Director

Home Design

Senior Deputy Editor	Oma Blaise Ford
Assistant Deputy Editor	Kelly Ryan Kegans
East Coast Editor	Kristine Kennedy
West Coast Editor	Paige Porter Fischer
Senior Editors	Amy Panos
	Kit Selzer
Assistant Editor	Joanna Linberg
Senior Interior Designer	Joseph Boehm
Editorial Assistants	Peggy Daugherty
	Renae Gray
Editorial Director, Holiday and Celebrations	Bridget Sandquist
Senior Digital Editor	Kaelin Zawilinski
Holiday and Lifestyle Digital Editor	Katherine C. Parker
Associate Digital Editor	Veronica Toney

Food & Entertaining

Senior Deputy Editor	Nancy Wall Hopkins
Senior Editor	Richard Swearinger
Associate Editor	Erin Simpson
Editorial Assistant	Renee Irey
Senior Digital Editor	Heather Morgan Shott
Social Media Editor	Rachel Martin
Assistant Digital Editor	Catie Bielecki

Garden

Deputy Editor	Eric Liskey
Senior Associate Editor	Jane Austin McKeon
Senior Digital Editor	Justin Hancock

Lifestyle

Senior Deputy Editor, Lifestyle	Katherine Pushkar
Beauty Director	Melissa Milrad Goldstein
Health Editor	Erin Quinlan
Associate Editor	Kelly L. Phillips
Editorial Assistant	Doris Lohrman

Art

Style Director	Stephen Perfetto
Deputy Art Directors	Shelley Caldwell
	Scott J. Johnson
	Karla Jo Knipper
Graphic Designer	Maggie Meyer
Photography Coordinator	Holly Pruett

Administration

Associate Managing Editor	Sally Finder
Group Copy Chief	Kristi Chew
Copy Editor	C.R. Mitchell
Production Editor	Cindy Murphy
Office Manager	Ginger Bassett
Administrative Assistant	Linda Newsom
Test Kitchen Director	Lynn Blanchard
Test Garden Manager	Sandra J. Gerdes
Color Quality Manager	Tony Hunt
Prepress Desktop Specialists	Jon Pugh, Brian Frank
Quality/Technical Director	Dave Wolvek

Group Editorial Leaders

Brand Leader	Gayle Goodson Butler
Home Design	Jill Waage
Food	Kitty Morgan
Garden	Doug Jimerson
Lifestyle	Lamont Olson
Special Interest Media	Greg Keyko

Contributing Editors

Elaine Griffin, Design; **Danny Lipford,** Design; **Scott Peacock,** Food; **Debra Prinzing,** Garden

Health Advisory Panel

Lynne T. Shuster, M.D., Mayo Clinic, Rochester, MN; **Megan T. Sandel, M.D.,** Boston Medical Center and Children's Hospital, Boston; **Melina B. Jampolis, M.D.,** Los Angeles; **Cedric X. Bryant, Ph.D.,** American Council on Exercise, San Diego; **Heidi A. Waldorf, M.D.,**

Regional Contributors

Lisa Mowry, Atlanta; **Barbara Nielsen,** Baton Rouge, LA; **Sandra Mohlmann,** Charleston, SC; **Elaine Markoutsas, Shirley Remes, Hilary Rose,** Chicago; **Diane Carroll,** Fayetteville, AR; **Denise Gee,** Dallas; **Khristi Zimmeth,** Detroit; **Eileen Alexandra Deymier,** Easton, MD; **Susan Fox,** Galveston, TX; **Joetta Moulden,** Houston; **Betsy Harris,** Indianapolis; **Susan Andrews, Marty Ross,** Kansas City; **Stephanie Rommel,** Lexington, KY; **Robin Tucker, Laura Hull,** Los Angeles; **Shawn Gilliam, Alecia Stevens,** Minneapolis; **Stacy Kunstel,** NH; **Anna Molvik,** New Paltz, NY; **Bonnie Maharam, John Loecke,** New York; **Cynthia Bogart,** RI; **Susan Salomon,** Portland, ME; **Barbara Mundall, Jan Behrs,** Portland, OR; **Bonnie Broten, Helen Yoest,** Raleigh, NC; **Andrea Caughey,** San Diego; **Donna Talley,** Saratoga Springs, NY; **Trish Maharam, Loralee Wenger,** Seattle; **Heather Lobdell,** Tiburon, CA; **Karin Lidbeck-Brent,** Woodbury, CT

© Copyright Meredith Corporation 2010. All rights reserved. Printed in the U.S.A.

Please Recycle
This Magazine



Perfect for my hands-on lifestyle.

My Moen® faucet gets a lot of use. But you'd never notice because Spot Resist™ keeps it looking great. This innovative finish resists fingerprints and water spots. So I can use my faucet every day. Not clean it.

Available at
LOWE'S
Let's Build Something Together™

MOEN
Buy it for looks. Buy it for life.®

moen.com/spot-resist

© 2010 Moen Incorporated. All rights reserved. Moen, the Moen *Buy it for life.* logo and the Moen waterdrop design are Registered Trademarks of Moen Incorporated. Spot Resist is a Trademark of Moen Incorporated. Lowe's, the gable design and *Let's Build Something Together* are Trademarks of LF, LLC; all are used with permission.

Thank You Curél® for
Advanced Ceramide Therapy

Clinically proven to immediately heal extra dry skin.

• Advanced Ceramide Therapy uses ceramides similar to those found in naturally healthy skin to strengthen your skin barrier.

• This helps your skin retain moisture better.

• Which makes your skin less susceptible to dryness.

And prevents symptoms from coming back.



© 2010 Kao Brands Company

See the cure in Curél.®
See more thank yous at:
www.curel.com/thanks

Better Homes and Gardens®

Andy Sareyan
President, Better Homes and Gardens®

James T. Carr
Vice President/Group Publisher

Anthony P. Imperato
Associate Publisher, Sales

Julie V. Baker
Associate Publisher, Marketing

Becca Roth
General Manager

Cathy Dropkin
Eastern Advertising Director

Gary Wenstrup
Midwest Advertising Director

Advertising Sales

NEW YORK
Joy De Vries, Janine Krause, Melissa Morales Langley, Tracie Lichten, Susan Schwartzman, Account Executives
Alie Giaime, Julie Gelens, Executive Assistants
Barbra Ramos, Assistant

CHICAGO
Emily Bâby, Kate Brower, Jackie Fallon, Tracey Frye, Vickie Sandberg-McNay, Account Executives
Sarah Dean, Assistant

DETROIT
Karen Barnhart, Manager; Carla Allen, Account Executive

LOS ANGELES
Isabella Carrado, Manager

SAN FRANCISCO
Janet Davy, Manager; Michelle Kwan, Assistant

DIRECT MEDIA
Grace Chung, Advertising Director; Tara Becker, Sales Development Director

TRAVEL
Lisa Bookwalter, Director; Jill O'Toole, Assistant

Promotion and Creative Services

Denise Basini, Director of Creative Marketing; **Stefanie Tramposch,** Creative Director; **Kristen Stucchio Suarez,** Promotion Director; **Alexis Ainscough,** Promotion Director; **Brooks Spellings,** Merchandising Manager; **Shana Rosenwald,** Senior Designer; **Cara Belardi,** Senior Marketing Manager; Sales Development: **Melissa Aleevski,** Sales Development Director; **Eniko Skintej,** Senior Sales Development Manager; **Gina Salvatini,** Marketing Coordinator

Publishing Group Communications

Patrick Taylor, Executive Director; **Diane Terwilliger-Silberfein,** Research Director; **Janet Donnelly**, Consumer Marketing Director; **Ron Clingman,** Business Director; **Randi Neer,** Advertising Business Manager; **Jan Sime,** Advertising Operations Director; **John Beard,** Associate Production Director; **April Gross, Sarah Otte,** Advertising Operations Managers; **Pam Hutchcroft,** Production Traffic Supervisor; **Elise Contarsy, Bradford W. S. Hong,** Brand Licensing

Chief Development Officer: John S. Zieser Vice President of Development: David Johnson

Meredith National Media Group
President |TOM HARTY

EXECUTIVE VICE PRESIDENTS
Chief Brand Officer | ANDY SAREYAN
Special Interest Media | DOUG OLSON
President, Meredith Integrated Marketing | MARTIN F. REIDY

SENIOR VICE PRESIDENTS
Chief Marketing Officer | NANCY WEBER
Consumer Marketing | DAVID BALL
Corporate Sales | MICHAEL BROWNSTEIN
Editorial Director, Des Moines | GAYLE GOODSON BUTLER
Editorial Director, New York | SALLY LEE
Finance | MIKE RIGGS
Meredith 360° | JEANNINE SHAO COLLINS
Meredith Women's Network | LAUREN WIENER

VICE PRESIDENTS
Direct Media & Travel Marketing | PATTI FOLLO
New Media & Marketing Services | ANDY WILSON
Newsstand | DAVID ALGIRE
Production | BRUCE HESTON
Research Solutions | BRITTA WARE

meredith

Chairman and Chief Executive Officer | **Stephen M. Lacy**
Vice Chairman | **Mell Meredith Frazier**
In Memoriam | E. T. Meredith III, 1933–2003

Better Homes and Gardens® (ISSN-0006-0151) is published monthly at $22 a year by Meredith Corporation, 1716 Locust St., Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. Subscription prices: One year $22 in the United States and its possessions. Canada and foreign $35 per year. BETTER HOMES AND GARDENS is a registered trademark in the United States, Canada and Australia. BETTER HOMES AND GARDENS, marca registrada en Mexico. Manuscripts and photographs: They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. October 2010. VOL. 88, NO 10. Canada Post Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT; Return Undeliverable Canadian Addresses to: Better Homes and Gardens , P.O. Box 882 STN Main, Markham, ON. L3P 9Z9. © Copyright Meredith Corporation 2010. All rights reserved. Printed in U.S.A. Ride Along piece enclosed in version AAAT.

Thank you Curél®

for an end to my never-ending search
for dry skin relief.

© 2010 Kao Brands Company



New **Curel® Ultra Healing® Lotion** with Advanced Ceramide Therapy can change your skin. Our proven formula relieves extra dry skin immediately. And prevents it from coming back.

Your search for dry skin relief ends here.

See the cure in Curél®.

See more thank yous at: www.curel.com/thanks

bhg.com

WIN $1,000

Carve-a-Pumpkin Contest!

Create a pumpkin using our Carve-a-Pumpkin tool and enter to win $1,000!
Plus win $750 if your carving gets the most votes!

start carving today at

BHG.com/carveapumpkin



Storage Tips, Inspiration, and More!

Pretty harvest decor, tasty holiday cookies, delightful centerpieces, handmade ornaments, and more—join our 100 Days of Holidays e-newsletter for a daily dose of merry. It's free and full of ideas from experts and readers like you! Sign up now at BHG.com/100days.

Rev up the cozy factor in your home with these rich shades of red, orange, green, and brown. Check out some of our best ideas to incorporate these colors into your home at BHG.com/cozycolor.

Want to add mums to your fall garden but don't know where to start? Get advice from garden experts on how to make use of this beautiful and versatile plant, with all its colors and varieties. Just go to BHG.com/mumadvice.

Text Us and Win $1,000!

BHG.com has gone mobile, and to celebrate we're giving one lucky reader $1,000 cash! Text the word "BHG" to 49737 on your mobile device to be entered to win. See page 290 for additional details.



Celebrate Fall and Halloween with BHG

Honor your favorite feline with a unique pumpkin-carving design that's bound to land on all fours. From Persians to shorthairs to Scottish Folds, we've got the perfect way to show off your furry companion. Get your free stencils of cats and more at BHG.com/stencilgallery.

CONTACT US! We'd love to hear from you. **E-MAIL US** support@bhg.com **WRITE US** 1716 Locust St., Des Moines, IA 50309-3023

BRIDGESTONE



Sure, it's *just* a tire.
Like the 17th hole at TPC Sawgrass is *just* another par three.

GET UP TO $100 VALUE BACK* on an American Express® branded prepaid reward card by mail when you buy a set of four eligible† Bridgestone Dueler tires.

Offer valid Sept. 2 through Oct. 2, 2010. For the nearest Bridgestone retailer, call **1-877-TIRE USA**. In Canada, call **1-866-9 GO TIRE.**

*Reward Card can be used virtually anywhere American Express® Cards are welcome in the U.S. and Canada as detailed at www.rewardeamer.com/bridgestone; valid for up to 6 months; not redeemable for cash. Card issued in the name submitted on official claim form; cannot be issued to minors; not transferrable. Usage restrictions, guidelines, terms and conditions apply. Card issued by InteliSpend Prepaid Solutions, LLC.
†Tires must be purchased from a participating Bridgestone retailer's inventory between Sept. 2 and Oct. 2, 2010. Mail-in claim form required. Certain restrictions and limitations apply. See your participating Bridgestone retailer for complete details. **Offer excludes Costco purchases**.



For drivers who want to get the most out of their cars,

IT'S BRIDGESTONE OR NOTHING.

DUELER™

bridgestonetire.com tiresafety.com

PASSION for EXCELLENCE



©2010 Target Stores. The Bullseye Design and Target are registered trademarks of Target Brands, Inc. All rights reserved. Prices not applicable in Alaska and Hawaii. 90317


EXPECT MORE. PAY LESS.®
INSPIRED NOT EXPENSIVE. GHOULS NIGHT OUT.
LOVE YOUR HOME
Scores of spooky savings, now at Target.com/halloween.



Ahhh, the rain. A perfect moment to sit back and savour a warm, soothing cup of Twinings tea. And we know a thing or two about rain. We've been in London for over 300 years, skillfully blending the world's finest teas just for days like this.

With over 50 varieties to choose from, our fresh taste, enticing aroma and exceptional flavour are sure to brighten any day. So curl up with a warm cup of Twinings and let it rain.

You deserve a better cup of tea.

©2009 Twinings North America, Inc.

www.twiningsusa.com

OVER 50 VARIETIES: CHAI ✓ CLASSICS ✓ COLD BREWED ICED TEA ✓ GREEN ✓ HERBAL ✓ ORIGINS ✓ PREMIUM BLACK



fresh

IDEAS FOR LIVING WELL



CAPTURE THE MOMENT

A stroll through nature brings the beauty of autumn home—especially when you gather a few reminders to enjoy in simple containers.

PHOTO DANA GALLAGHER
PROP STYLING PAMELA DUNCAN SILVER
FLORAL STYLING LINDSEY TAYLOR

Things to Do This Month

Be nice. Be frightful. Toast the spirit of fall. And savor every glorious minute this October.

1

NICELY NOTED

Play up the spirit of the Sweetest Day (October 16), which began in the 1920s as a way to spread cheer. Pen inspirational notes, put them in public places such as a library or park, and see smiles ensue. Get started at *hoperevo.com*.

2

SCARE TACTICS

The full moon on October 22 sets the stage for ghost stories. Need some new ones? Page through *Haunted Houses* by Corinne May Botz. It creaks open the door to real-life haunted places, including Edgar Allan Poe's former home. *monacellipress.com*

3

CHEERS

Toast Oktoberfest's 200-year anniversary with a beer tasting for friends. Sip German brews, then vote on your favorites.



INDISPENSABLE

Arm Candy

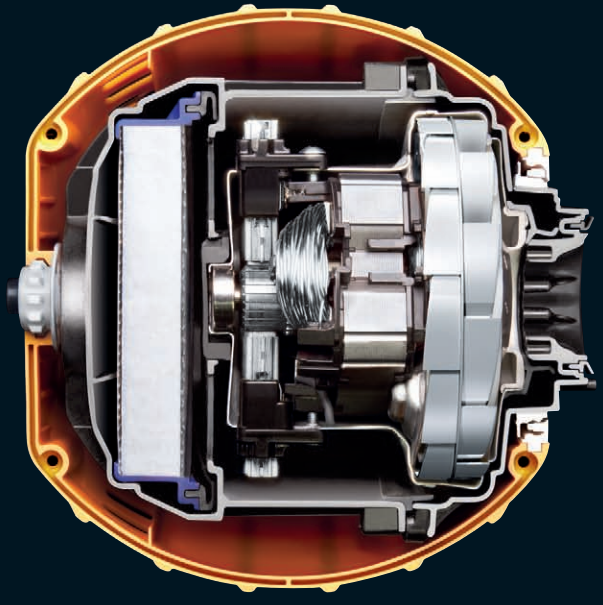
Maybe you can't do anything about the days getting shorter. But you can look good enough to stop a clock. Strap on a timepiece with spot-on color. *For buying info, see page 290.*

Q&A

The last Sunday in October used to mark the end of Daylight Saving Time, but that stopped in 2007. So when does the time change now? "Fall back" occurs the first Sunday of November, which is the 7th this year.

EDITED BY KELLY RYAN KEGANS; PHOTOS: BLAINE MOATS; MARKET EDITOR: JENNIFER CONDON





Conventional vacuums have
wheels that don't steer properly.

The Dyson vacuum pivots on a ball.
The motor is inside the ball, lowering
the center of gravity and making
steering even easier.



dyson ball

Turns on a dime. No loss of suction.

www.dyson.com



With just a few snips of some colorful paper, you'll have an instant fall greeting to send to a friend or display on your table.

FREE TEMPLATE DOWNLOAD: BHG.COM/APPLECARD
SOURCE: ETSY.COM/SHOP/JENNYLEEFOWLER

TRY THIS!

Fall for This Pumpkin

Decorate your doorstep with a longer-lasting pumpkin. Trace a maple leaf, then use a linoleum cutter or potter's ribbon tool to scrape out the design, being careful not to cut completely through (that keeps your creation fresh).



GOOD FUN

Game On

Here's a new board game to try fireside: *Settlers of America—Trails to Rails*. Picture yourself in the 19th century as you tame wild lands, build new cities, and map the young United States. Catan Histories game, $44; *amazon.com*

NOW SHOWING

Kitchens That Cook

Explore the evolution of kitchen design by checking out a new exhibit at the Museum of Modern Art in New York. Browse online photos of highlights—starting with the '20s and the kitchen's humble, utilitarian beginnings and going through the '60s, when the focus shifted to consumer choices and colorful Tupperware. Visit *BHG.com/kitchenexhibit* to see highlights from the museum's show.

DON'T FORGET

Check-Up

October is National Breast Cancer Awareness Month. Have you scheduled a mammogram lately? On October 15, many hospitals and doctors offer mammograms for free or at a discounted rate. Find a provider in your area at *cancer.gov*.



BLOGGED

Creative Thursday

Whether you're a painter, accountant, or stay-at-home mom, you're creative, says artist Marisa Haedike. "We all lead full and busy lives—that's why you start small by setting aside just a little time every week to see where it takes you," she says. Marisa's blog, *creativethursday.typepad.com*, is filled with prompts in the form of daily posts, podcasts, and e-courses to jump-start your creativity.

PHOTOS (CARD): ADAM ALBRIGHT, (PUMPKIN) PETE KRUMHARDT, (BLOGGER) COURTESY OF MARISA HAEDIKE

RIDERS® BY Lee®

SLENDER STRETCH™

INSTANTLY® SLIMS YOU

"They fit and flatter."

STACY LONDON
STYLE & FIT EXPERT



Available at Walmart
Save money. Live better.

visit RIDERSBYLEE.COM for Stacy's Fit Tips
JOIN US ON FACEBOOK.COM/RIDERSBYLEE

We Fit Your Life. © 2010 VF Jeanswear Limited Partnership

Music Box

Video killed the radio star? Don't believe it. Radio is alive and well on the Internet, where choosing your tunes from stations around the world is as easy as 1-2-3.

1

GO NEW WAVE
Whether you're yearning for the familiar voice of your hometown DJ or looking for something new, you'll find it on the Internet. Unlike standard broadcast radio, Internet stations can be heard everywhere.

2

SURF CITY
Start with a basic Web search using keywords, such as "80s" to find music from that decade. Or check out *streamingradioguide.com*, a site that helps you navigate the genres of stations.

3

SET YOUR DIAL
Here are a few stations to try. *wnyc.org*: National Public Radio; *riprockradio.com*: classic rock; and *beethoven.com*: classical music. Create your own station with *pandora.com* and *last.fm*.

COMPUTER-FREE
Stand-alone devices, such as the Grace radio, *below,* connect to a wireless router so you can tune in to more than 16,000 stations without a computer. Grace Innovator II, $170; *gracedigitalaudio.com*



BY SUZANNE KANTRA; PHOTO: BLAINE MOATS



*Based on Kantar Worldpanel Beverage Panel data comparing consumption of tap, bottled, flavored water and prepared powdered beverages

© 2010 KRAFT Foods.

Get Cozy

Wrap yourself in warmth as temps take a dip.



FIND A NEW FLAME
Warm up to the soothing fragrance of cinnamon and spice paired with smoky wood in this glimmering candle. *Evoque Cinnamon Noir candle, $29; scentsandsprays.com*

SNUGGLE UP
Take the chill off with super-soft, brushed-cotton throws. *Sferra Celine Throw, $70; gracioushome.com*





THE RIGHT TOUCH
Keep your fingers toasty *and* operate your iPhone or other touch-screen device with these smart wool-blend gloves. *Echo Touch Glove, $30; echodesign.com*

COMFORT'S AFOOT
Even your toes can enjoy sweater weather, thanks to these comfy, memory foam-lined slippers. *Jenny Scuff slippers by Patricia Green, $51; zappos.com*



GET FIRED UP
Carry a bundle of firewood or contain kindling in this felt wrap (38″×15″). *Log Carrier, $75; feltstudio.com*



INNER WARMTH
Treating yourself to a cup of hot tea is easy with an all-in-one ceramic cup, tea strainer, and lid. *Kati Tea Steeping Ceramic Cup, $15; shopkirdevries.com*





GOOD READS…CURL UP WITH A NEW BOOK
Fall's reading list spans novels of haunting secrets (*Great House* by Nicole Krauss), a family distanced by a troubled past (*The Brave* by Nicholas Evans), and a psychological drama between buddies (*The False Friend* by Myla Goldberg). Also, don't miss author Pat Conroy's compilation of favorite reads (*My Reading Life*). ■


BECAUSE THERE'S NO SUCH THING AS BEING
FaSHiOnaBLY LaTe
FOR WORK.
AUSSIE. A QUICK WAY TO A GREAT HAIR DAY.
With fast-acting products like 3 Minute Miracle deep conditioner, you can be fashionably early for a change. aussie.com
aussie
3 minute miracle
aussie
aussome volume
aussie
Add Some Roo To Your Do.™
NATURALLY BEAUTIFUL HAIR. NO WORRIES.
©P&G 2010



Center of attention A table piled with pumpkins, gourds, and bittersweet sets a festive tone for Janna Lufkin's get-together. Freezer paper makes a disposable table runner—no need to worry about spills or stains.

Good Spirits

Gather the pumpkins and uncork the bottles. For stylemaker Janna Lufkin, October means a low-key wine tasting with friends.

BY JODY GARLOCK | PHOTOS KING AU
PRODUCED BY JANNA LUFKIN



is good. But we asked, could we make it

even better? We thought yes. So we

changed the way we make



It's still made with real fruit like



and



and



together with whole soy. But now it's



delicately baked. So it's

moister. And fruitier. You might even say

we've added more



Try it and let us know what you think at facebook.com/soyjoy

© 2010 SOYJOY



Fall has always been stylist Janna Lufkin's favorite time of year, and she's made a tradition of hosting an October wine-tasting party. There's nothing highbrow about it—just eight or so friends sampling inexpensive wines on a table done up in pumpkins and gourds. "It's super casual," Janna says. "It's just a nice way to have some adult fun and enjoy the season."



On display
Janna raids her cupboards for items on which to display pumpkins and gourds, *left*. "Set pumpkins in a bowl, on cake plates, or just pile some down the center of a table, and it will be gorgeous," she says. Here, a pillar candleholder adds height to a display on a breadboard.

Under cover
Janna likes the fun of a "blind tasting," so she covers wine labels with paper cheese leaves, then IDs each bottle with a numbered die-cut leaf, *above*. Waxed twine holds everything in place.

Go Online
Cheers! Printable wine labels in seasonal styles personalize a favorite bottle or make it gift-ready in a hurry. Print your designs now at BHG.com/wineideas







Thinsulate Fitness Vest
$49.95



However you define satisfaction
we guarantee it

Whether your definition is style, comfort, years of use or enjoyment of the outdoors, it's backed by our 100% guarantee. No fine print. No ifs, ands or buts. And that holds true for everything we sell, including our new Thinsulate Fitness Vest. Every detail, from the quilted stitching right down to the zipper, is guaranteed to keep you satisfied, whether you're flying a kite, hiking or spending an evening under the stars. And if, for any reason, you have a problem, you can call us 24 hours a day, seven days a week and talk to an actual person right here in Maine. After 98 years of standing behind our products, we're confident they'll stand up to whatever you throw their way.

FREE SHIPPING

*no minimum order for a limited time**

Visit our stores | llbean.com | 800-543-9071

L.L.Bean

*Free shipping and handling applies to L.L.Bean's delivery service within the US and Canada. Limited-time offer expires December 20, 2010. Limitations apply, see llbean.com for details.



Fall flourish
Colorful leaves and mini mums bring casual seasonality to a rose bouquet. Displaying the arrangement on a cake stand with 'Jack Be Little' pumpkins elevates its impact.

Tired of imitation Vanillas,
Coffee Bean finally found
the natural beauty
he was longing for.





Introducing STARBUCKS® NATURAL FUSIONS.

Coffee and natural ingredients together in perfect harmony.

AVAILABLE WHERE YOU BUY GROCERIES | Starbucks.com/NaturalFusions

©2010 Starbucks Coffee Company. All rights reserved.

Janna makes a game out of the wine-tasting. She asks each guest to bring a bottle of wine—$12 tops. "We all like the challenge of finding a good inexpensive wine," she says. Guests jot down comments and rate the wines, then Janna tallies the points. "Often the least expensive wine ends up being the favorite," she says.





Note worthy

Tasting cards—just plain note cards embellished with rubber-stamped leaves, *above*—tie in with the decor. For wineglass tags, Janna punched leaf shapes and tied them around the glass stems with waxed twine.

Tasty bites

Simple nibbles are all it takes to please guests. Pears and cheese placed on a cutting board are ready for carving, *left*. Paper baking cups hold snack mix scooped out of a cookie jar.

The goods

"Whenever I buy something, it has to have more than one purpose," Janna says of her decorations, *below*. "It's an easy way to carry through a theme." Punched leaves become tags, napkin ring holders, or place cards. ■



For buying information see page 290.

Vegas is a lot more fun
when you can afford
to leave the room.



With Expedia, if you book your flight and hotel at the same time, you'll save up to $450*. And in Vegas, some extra fun money can go a long way.

expedia.com 1-800-EXPEDIA

*Savings based on all vacation package bookings with Flight + Hotel on Expedia.com in 2009, as compared to price of the same components booked separately. See site for details.

©2010 Expedia, Inc. All rights reserved. Expedia, Expedia.com and the Airplane logo are either registered trademarks or trademarks of Expedia, Inc. in the U.S., Canada and/or other countries. CST 2029030-50


Take care.
GARNIER
garnierUSA.com
*Based on a consumer perception study after 8 weeks. ©2010 Garnier LLC.


A RETINOL REVOLUTION
DISCOVER PRO-RETINOL FROM NATURE
new
SPF15
GARNIER
Ultra-Lift®
Anti-Wrinkle Firming Moisturizer
TOUGH ON WRINKLES
GENTLE ON SKIN
95% effective*
100% gentle
THE PROOF
Ultra-Lift with Pro-Retinol from Nature dramatically lifts wrinkles, with virtually no irritation.
[before]
[after]

©2010 Pepperidge Farm, Incorporated.

Does the thought of bubbly, golden baked cheese make you melt?

Real, delicious cheese baked right on top of a crispy cracker. Yum.

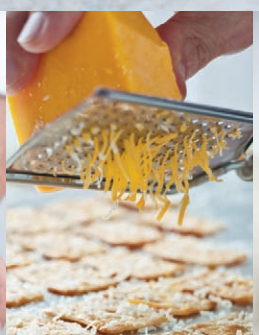
BAKED NATURALS™ Cheese Crisps

PEPPERIDGE FARM

pepperidgefarm.com

Good is in the details.™











home

ROOMS FOR LIVING



COMFORT ZONE

Start the season's first fire, dig out your favorite snuggly wrap, and let that chill in the air turn you inside to delight in all the warm pleasures of home.

PHOTO DANA GALLAGHER
PROP STYLING PAMELA DUNCAN SILVER



Books, comfy furniture, and earthy colors warm Alicia Glen and Daniel Rayner's living room. "I don't like rooms that are curated and look perfect," Alicia says. "Livability and comfort are key for me."

"We spend more time outside than inside," Alicia says. The backyard tree house, *opposite*, is a getaway for the couple's daughters, Olivia and Rosa.

Natural Attraction

There's an open-door policy for this family of four. They love the outdoors, and it shows in their renovated ranch.

BY JODY GARLOCK | PHOTOS MICHAEL PARTENIO | PRODUCED BY KARIN LIDBECK-BRENT | STYLING JESSICA THOMAS



The coffee table, *right*, "had to be big enough to hold everybody's glasses and books, plus have room to play games," Alicia says.

Alicia and Daniel renovated their home, *below*, to add a big living room, screen porch, and geothermal heating and cooling.





The handwritten message on the crowded chalkboard wall near the kitchen pretty much sums up things: "Life is good. Be happy."

Alicia Glen and Daniel Rayner and their two daughters savor simple pleasures. They get up early on the weekends for hikes in the hills and bike rides on a trail near their upstate New York home. Rosa, at 10 the youngest, climbs into the tree house in the backyard for games of imagination with friends. In the evenings, the screen porch is the place to be for Alicia's stews, shared with friends gathered at the 8-foot-long table. "Outside is really the focus for us," Alicia says.

The setting—a hilltop with wide views of trees and fields—is what attracted the couple to the 1967 ranch-style home in the first place. "It wasn't the world's most perfect house; in fact, it was sort of a dump," Alicia says. A renovation and addition changed that, turning it into a cozy home perfect for the active family.

The screen porch, used for meals and homework as well as entertaining, is the nerve center and saving grace for a family who loves to eat meals outdoors. "Before the addition, we were using tons of bug spray and tiki torches to cope with all the mosquitoes, but the screen porch has made our dinners fantastic," Alicia says.

With a nearly 13-foot-high ceiling and big windows that seem to bring nature in, the new living room has a similar indoor-outdoor feel.



Pine-clad walls and ceiling create a warm, casual mood that balances the clean design of the fireplace surround and mantel.


IGA



The kitchen's open layout makes for easy back-and-forth between Alicia and her guests in the adjoining living room. "We entertain like crazy," Alicia says.

An island separates the kitchen, *above,* from the living room. The island can be used as a buffet; it also gives guests places to sit (or pitch in) while Alicia is cooking.

The couple put an informal entry, *opposite,* to fuller use by adding cabinetry, a second sink, and wall ovens. Daniel often drops off dirty dishes on his way in from grilling on the deck.

When the weather turns cold, it's the go-to place for Saturday movie night, enjoyed near a crackling fire. The decorating is simple: a few modern and industrial touches, but totally livable. "I want chairs and couches that people can slouch in—really comfortable pieces," says Alicia, a community development banker with a knack for decorating. "At the end of the day, it's not so much about how a room looks but how comfortable it is. That's the needle I'm trying to thread in this house."

That same real-life practicality applies to the open layout, too. It allows Alicia to do her thing in the kitchen and still talk with family or guests. "I'm a huge cook," she says. "My friends often tease me that I'm the queen of stews." Olivia, 14, and Rosa help out, adding ingredients to the bourguignonne or chopping fresh vegetables. Alicia is known to put guests to work, too: "If you're sitting at the island, you'll likely be chopping. There's no rest for the weary in my house."

But guests often sneak away to scribe messages on the chalkboard wall in the hall-waylike room from the kitchen to the deck, which is Daniel's domain for grilling. On this day, the chalkboard overflows with notes of thanks, plus peace signs and doodles from the girls' friends. Alicia is thrilled that something as simple as a wall painted with chalkboard paint has been such a hit. "We love the idea of something functional but also something that's fun," she says. "That wall has become a signature feature."

In fact, about the only tension that may occasionally rise in the couple's home is what to do when the chalkboard is full and more guests are on their way. "Which part of the board gets erased—now that's an interesting negotiation," Alicia says.

"There's just a lot of hanging out and cooking in our house," says Alicia, who enjoys time in the kitchen with her girls Rosa, *right*, and Olivia, *below right*.

A pot of stew and a few cheeses served on a turntable in the center of the table, *below*, reflect Alicia's keep-it-simple approach to entertaining.







Go Online
Browse great ideas for outdoor harvest decor that adds beauty through the season at BHG.com/harvestdecor.

For buying information see page 290.



The screen porch serves as the main dining room. "We wanted an enormous table, so we picked out a piece of wood from a lumber mill and had a local person make a metal base to fit it," Alicia says. ■

ADVERTISEMENT

Get the Skin You've Always Dreamed of

with Jergens® Overnight Repair Moisturizer and *Better Homes and Gardens*® Towels.

Finally! A new nighttime beauty ritual that does double-duty: it leaves you feeling better and *looking better* as it repairs a week's worth of damage overnight for visibly smoother skin.



***Start**
Rethink your Nighttime Beauty Routine.

Switch from a morning to an evening shower.
Skin is more permeable at night, increasing moisture absorption.

Bathe with lukewarm water.
Hot water can actually strip away moisture from the skin.

Pat skin dry with a *Better Homes and Gardens* towel. Be careful not to rub, which will irritate skin and may cause you to scrub away important moisture-retaining lipids.

Apply Jergens® Overnight Repair Moisturizer.
Designed for nighttime use, this formula with antioxidants is effective for longer periods of time at night. Use when skin is still slightly damp to lock in moisture.

Climb into bed.
Your sheets and blankets will help trap in the moisture.

Get some rest. Be sure to relax and take a deep breath. A good night's sleep will help your skin to recover from the day's damage.

***End**
Wake up to visibly smoother skin.

Get soft, beautiful skin without spending a lot of money. Rethink your nighttime beauty routine with these two products, available at Walmart.



Jergens®
The Beautiful Difference.

Better Homes and Gardens®

Available at Walmart
Save money. Live better.



© 2010 Kao Brands Company


Family Pourtrait.
Our view on family? There's nothing more important. That's why we drink milk. It's the #1 source of calcium, potassium and vitamin D in America's diet. And it has protein to help build strong families. Together, there's nothing we can't tackle.
got milk?®
whymilk.com/hasselbeck
©2010 AMERICA'S MILK PROCESSORS

Terra-Cotta

These warm, sun-baked colors give rooms a sense of down-to-earth elegance.



Filoli Honey
3005-6B
A great wake-me-gently color for a breakfast nook.
valspar.com

Coral Island
SW 6332
Paint a trunk or chest this hue, and place it at the end of your bed, or use it as a coffee table.
sherwin-williams.com

Bronze Tone
2166-30
Use on the back of a bookcase and fill the shelves with ocean-blue accents.
benjaminmoore.com

Sandpoint
270E-2
A rich beige for mudrooms or bedrooms—anywhere you crave calm. behr.com

Russet Rust
AS09F
Best used to draw attention to focal points. Try it on a kitchen island surrounded by cream cabinetry.
yourcolorseason.com

BY JOANNA LINBERG; PHOTO: ADAM ALBRIGHT; PRODUCED BY: JESSICA THOMAS



"I can see chocolate as an accent with terra-cotta in a heartbeat. Add a little cream—like a really pretty oatmeal—and it's sophisticated and contemporary."
Allison Smith



PHARMACY TABLE LAMP Task lighting with an old-world feel. *21" in rust finish, $223; burkedecor.com*



THROW PILLOWS Sold in two-of-a-kind pairs, these folksy designs update your sofa fast. *FI-1003 and P-0043, $110 for set of 2; rugsdirect.com*



COMFORT FOOD COLLECTION *Appetizer plates, set of 6 assorted colors, $40, and bowls, set of 6 assorted colors, $50; rosannainc.com*

Clay Crush

Designer Allison Smith knows paint colors—she developed 64 of them for her paint-by-personality collection, Your Color Season. So when she says, "Go ahead, use terra-cotta as a ceiling color," you can trust her. Here's more of her advice.

1 "Lighting is critical. Dark terra-cotta needs to be in a room with a lot of direct light or it will feel too heavy."



2 To get a light, but still rich, tone start with a dark terra-cotta you love. Then add white to the formula (25 percent is a good place to start) to get a more livable color. "If you start light on the paint chip, you'll just get a pinker color."

3 Pair with equally vivid colors for impact: gorgeous golds, a purple so deep it's almost brown, and olive and sage greens. ■

Go Online
Love these colors? See more shades of terra-cotta at BHG.com/orange

For buying information see page 290.

PHOTOS: (PORTRAIT) JOE KAUFMAN; (ROOM) GORDON BEALL; MARKET EDITOR: HEATHER HARDT

STAINBUSTERS LAUNDRY CASE:
Greasy Pizza Stain

STAIN SEEKERS™



Problem:
Finding stains after the wash is frustrating!

Action taken:
Use NEW RESOLVE IN-WASH STAIN REMOVER. Only RESOLVE contains STAIN SEEKERS™ which find, penetrate, and lift away stains—even the toughest, greasy ones.

Result:

REMOVES THE TOUGHEST STAINS IN EVERY WASH!





TRUST RESOLVE® FORGET STAINS.

©2010 Reckitt Benckiser Inc.

Better Together

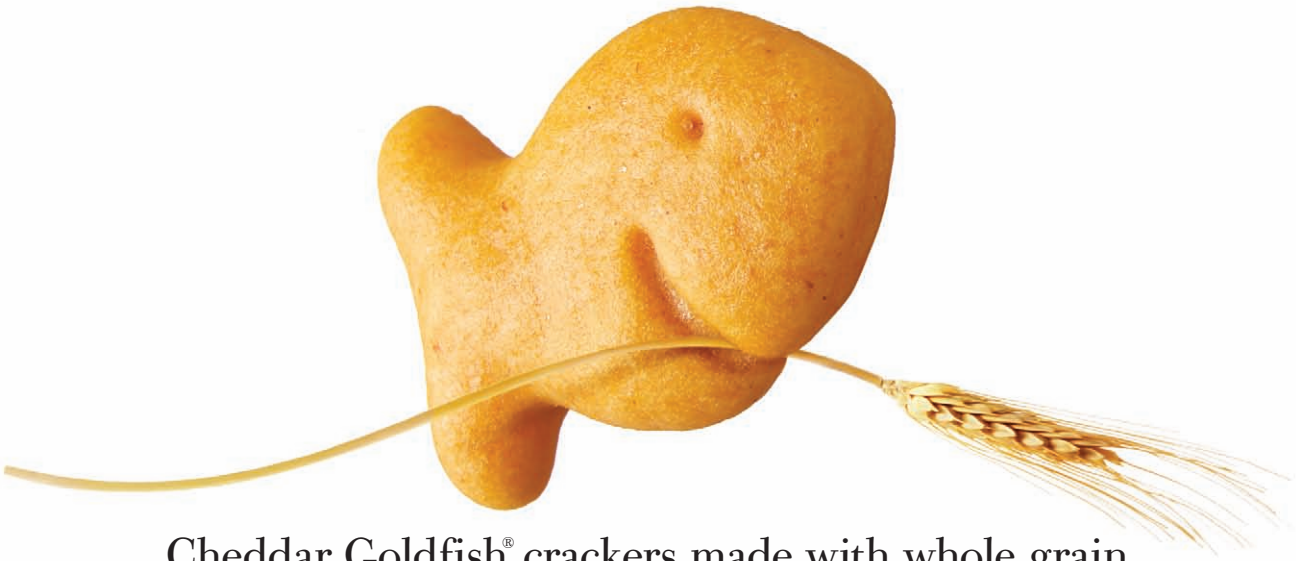
An all-purpose island, added-on eating space, and airy color scheme make this kitchen one popular place to gather.

BY KIT SELZER | PHOTOS REED DAVIS
STYLING MICHAEL WALTERS



The curved overhang of the island—just right for three stools—invites family conversations in Kate and John Faust's kitchen. To maximize both light and space in this early-1900s California house, windows and a wall cabinet reach toward the high ceiling.

©2010 Pepperidge Farm, Incorporated.



Cheddar Goldfish® crackers made with whole grain.

When your kids find out how good they are, the Goldfish® crackers won't be the only ones smiling.

Real cheddar. Zero grams trans fat.
No artificial preservatives.



Goldfish®. The Snack That Smiles Back®.

pepperidgefarm.com





Kate says the island, *above*, is a hangout for her children and their friends. She believes having the cooktop in the island has encouraged the kids' interest in cooking.

With a long table perpendicular to the island, *left*, the new breakfast area feels like part of the kitchen. "We only added 200 square feet, but by reconfiguring, it feels like we added more," John says.

The Ideas

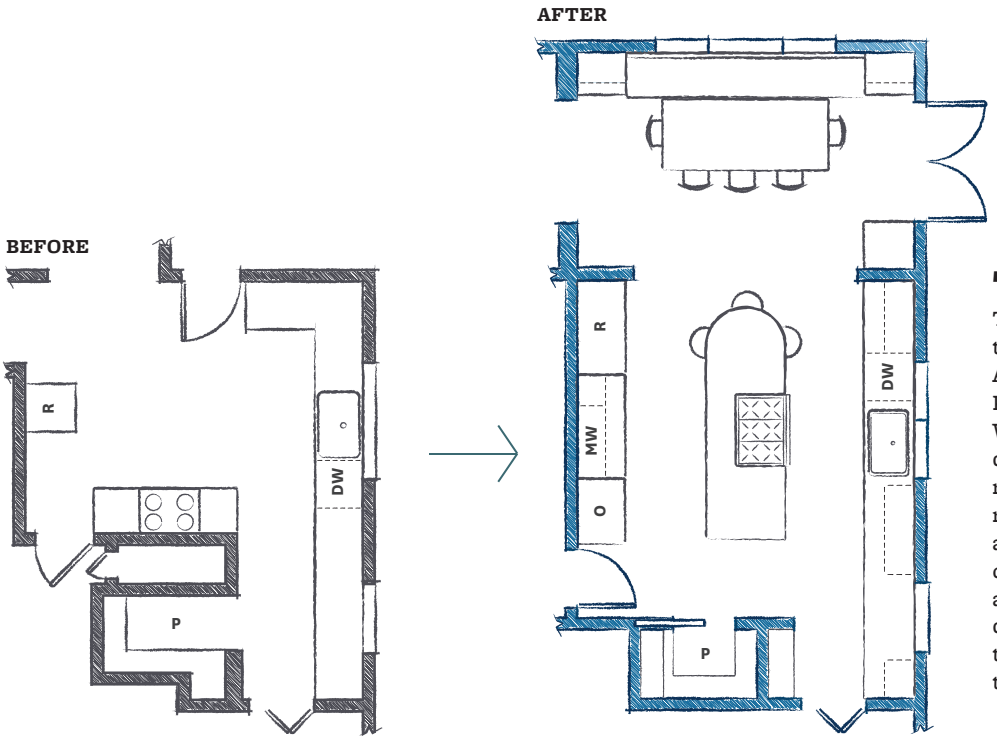
ISLAND FUNCTION
The 3½×12-foot island is wide enough for storage on both sides and long enough to provide elbowroom around the cooktop.

FLEXIBLE SEATING
A cushioned bench relaxes the eating area, which can hold a crowd—and often does. Nearby French doors let the party move outside to a second dining spot.

COLOR SHIFTS
Cabinets in white and two shades of gray-blue set the room's palette. Pale blue walls and turquoise accents complete the scheme.

SOLID SURFACES
For the island counter, designer Tish Key suggested carrara marble; other counters are honed granite. The Fausts like their durability and use only soap and water to clean both.


PULL COVERS OVER HEAD
WITNESS AN ACTUAL SUNRISE
©2010 KRAFT Foods
WE CUSTOM ROAST EACH BEAN. GIVING YOU A RICH, FLAVORFUL CUP OF COFFEE FOR A RICHER, MORE FLAVORFUL DAY.
Maxwell House
BE GOOD TO THE LAST DROP



The Space

The breakfast area that architects Annitella Porges Kiriakou and Susan Wootan added connects with a revamped family room on one side and an outside eating area on the other. Making a new island the cooking spot allowed them to reconfigure the pantry walls.







The Details

HIDDEN ASSETS

Two cabinet doors, *above left*, lift and slide back to reveal small appliances. Kate pulls out both recessed maple cutting boards for a landing spot when she takes a roast from the nearby oven.

SPRAY CONTROL

With a long hose and two spray modes, a pullout faucet, *above middle*, eases cleanup. For extra coverage, the backsplash (which matches the island top) extends to the windowsills.

CLEVER CABINETS

Slim built-ins, *above right*, bookend the banquette and offer floor-to-ceiling storage. A glass top on each cabinet's counter allows carefree buffet serving.

FLOORPLANS: CHRIS GLOWACKI

HORIZONTAL COMFORT INDEX

UNCOMFORTABLE — COMFORTABLE

- The Rack
- Bed of Nails
- Traditional Sleeper Sofa
- Futon
- Hammock (When There's Yard Work to Do)
- The La-Z-Boy SlumberAir™ Mattress



The Collins Sectional and Faris Chair

The SlumberAir™ Mattress System. Tell your guests to sleep well and mean it.

Sleep sofas aren't thought of as the epitome of comfort. Which is why we reinvented them. Introducing our SlumberAir Mattress System – a 6" air cushion over a 4" innerspring coil base. In addition to all the style and fabric options, our sleep sofas are available with extra support, durable steel reinforced frames and adjustable head rests. The SlumberAir Mattress System – a combination of softness and support that make it a pull out sofa unlike any other – one your guests will actually sleep well on. **For all our restful options, visit la-z-boy.com/slumberair.**



LA-Z-BOY® · **Comfort. It's what we do.®**

©2010 La-Z-Boy Incorporated



Idea File

This removable drainboard is the Fausts' favorite part of their kitchen. The perforated metal sheet rests in a shallow, sloped recess in the countertop. Holes drilled into the edge of the granite above the sink rim allow water from dishes and vegetables to drain into the sink.

Q: How can I make a quality roast that doesn't eat into my quality time?



Serving suggestion
©2010 Hormel Foods, LLC

Bring It Home

Add a streamlined dish drainer without remodeling: 1 A slanted tray directs water. *Slat Bamboo, $30; containerstore.com*; 2 The snap-on drainboard sits flat or angled. *Progressive, $35; amazon.com*; 3 Put drying dishes on display. *Ordning, $20; ikea.com*; 4 The cup holders, tines, and drain spout adjust. *Steel Frame, $70; simplehuman.com*









Space-saver
This 16×19-inch dish rack collapses for easy storage.





Hormel™
Life Better Served.™

The simple answer is HORMEL® Refrigerated Entrees. They take just minutes but taste like they took hours. In the refrigerated meat case. Visit hormel.com.



The banquette serves up dining comfort and provides storage under its hinged lid. "We hid Christmas presents there—until our kids discovered them," John says. Now it's home to table linens. ■

"We love to fill the table for Sunday night dinners; sometimes we even seat 12 people here."

Kate Faust

For buying information see page 290.

RubyTuesday

Freshtaste. Freshplace.

It's more than just a tagline. It's our approach to everything we do.











RUBYTUESDAY.COM

Starting Fresh

A bold move to a smaller space brought this fun-loving couple closer to family—and a fresh new style.

BY SHARON OVERTON | PHOTOS JAMES CARRIERE
PRODUCED BY MICHAEL WALTERS



A chest next to the dining area in Carole and John Ferguson's condo holds extra table linens. Light armchairs easily move to offer extra seating at dinner.



©2010, HOMER TLC, Inc. All rights reserved.

Kitchen featured: Seal Harbor cabinetry with Shoreline Corian countertops.
Get started at **homedepot.com/marthakitchens.**

Introducing **Martha Stewart Living™** cabinetry and Martha Stewart Living countertops by Corian.® High-quality, Martha-selected cabinets, countertops and decorative hardware to help you coordinate and create a style of your own. **That's the power of The Home Depot.®**

MARTHA STEWART LIVING™ *Exclusively at The Home Depot*

THE HOME DEPOT®

More saving. More doing.®

The night Carole and John Ferguson moved into their San Francisco home, they wandered into a local restaurant and started chatting with the bartender. The next thing they knew, a cake appeared with the words "Welcome to the neighborhood!" squiggled on the plate. "We suddenly felt like we were part of the scene," laughs Carole, in her delightful Tennessee drawl.

Moving cross-country to be closer to grandchildren—and making the oft-debated decision to start from scratch in furnishing their 1,700-square-foot condo—was a "bold step at our age," declares Carole. "But we can't believe how much we love it."



Carole and John Ferguson's move gave them more time with their grandkids, Carole, Mary Harriet, Edward, and Maddy (pictured *right* with their mom, Ashley).

In the living room, *below*, traditional forms such as the classic wing chair are updated by mixing them with more modern pieces.





Your daughter wants to enlist in the Military. You want her to go to college.

Is this the end of the conversation? Or the beginning?

IT'S A BIG DECISION. TALK ABOUT IT.

TODAYSMILITARY.COM

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD

•ACTIVE •GUARD •RESERVE



The couple enlisted the help of stylist Michael Walters in designing a smaller space that is comfortable (and durable) enough for kids yet sophisticated enough for grown-ups.

For Carole, the move also meant "stepping out of my comfort zone" in terms of style. "I'm a traditionalist, at least I always have been," she says. When Walters suggested a sleek white sofa to give the living room a more urban feel, Carole worried that it wouldn't be practical. But she discovered that the microfiber upholstery is more than a match for sticky little fingers. Positioning a flat-screen TV over the fireplace was another tough sell, since Carole previously kept her electronics hidden.

A butterfly print, *left*, captivated Carole and inspired the room's warm orange and brown accents.

Because the living and dining areas are one open space, *below*, the furniture needs to look good from every angle.



Shopping savvy

Furniture companies often will let you supply your own upholstery fabric. Stylist Michael Walters used a fabric remnant on the chair backs to create a high-end custom look for "next to nothing."

Which of these gauze pads would you trust with your wounds?



Leading Store Brand Non-Stick Pad

VS.



Johnson & Johnson™ Non-Stick Pad

(hint #1)
With HURT FREE® Design, our Non-Stick Pads were clinically tested and shown not to stick to wounds.

(hint #2)
An anti-leak core absorbs fluids in 1 second with QUICK-LOC™ Technology.

(hint #3)
Our Non-Stick Pads are hospital grade.

© Johnson & Johnson Consumer Companies, Inc. 2010. Use as directed. Experience the difference yourself. Visit jnjfirstaid.com.



$2.00 off

See for yourself why our products are trusted by medical professionals. Use this coupon on your next purchase of any Johnson & Johnson RED CROSS® Brand Hospital Grade Non-Stick Pads.

MANUFACTURER'S COUPON EXPIRES 1/31/2011

CONSUMER: Limit one per purchase. Redeem at Food, Drug or Discount stores accepting coupons. Coupon cannot be bought, copied, transferred or sold. RETAILER: Johnson & Johnson Consumer Products Company Division of Johnson & Johnson Consumer Companies, Inc will reimburse you for the face value of this coupon plus 8¢ handling if submitted in compliance with Johnson & Johnson Consumer Products Company Division of Johnson & Johnson Consumer Companies, Inc. Coupon Redemption Policy. Coupons are void where prohibited, taxed, or otherwise restricted by law. Cash Redemption Value 1/100 cent. Send coupons to: Johnson & Johnson Consumer Products Company Division of Johnson & Johnson Consumer Companies, Inc., P. O. Box 880024, El Paso, TX 88588-0024. © Johnson & Johnson Consumer Companies, Inc. 2010

038137-021505

5 08137 64282 2

Because they weren't bringing much from their previous home aside from mementos and family photos, Walters helped the couple find flexible furnishings that pack plenty of function and style for their decorating dollar. For instance, in the guest room, a daybed piled with fluffy pillows features a pop-up trundle that can accommodate as many as three grandchildren at a time for sleepovers.

"They think it's neat that grandmother and grandfather live so close by," says Carole. And clearly, she and John agree.





Shopping savvy Walters looks online for "really good copies" of high-end lighting. This curvy celadon lamp is a knock-off that brings sophistication to the bedside table.

With its soft, soothing colors and feminine touches, the master bedroom feels like "a little sanctuary," says Carole. "You look out on the garden, and you don't really hear the sounds of the city. You hear birds or the cat next door."

"If I eat a cat, will I live nine times longer?"

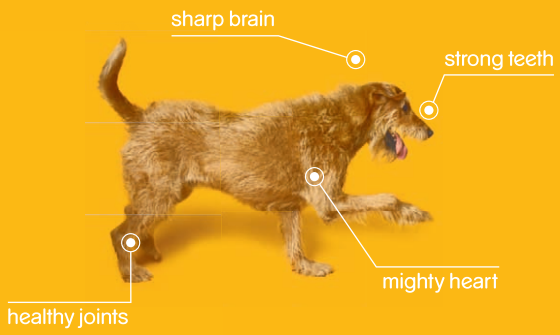
– Mac



New PEDIGREE® Healthy Longevity.

Every dog deserves a good, long life, but kitties aren't the answer. Instead, try a diet rich in essential nutrients. Look for them in the new PEDIGREE® Healthy Longevity recipe, made for dogs 6 and older. It's specially formulated with leading levels of omega 3 fatty acids and antioxidants* to help keep their heart strong and their life long. So as dogs mature, they can still keep up with the young pups.





Every dog deserves to be fed well.

Some dogs have different needs. So we're introducing a new line of recipes including Healthy Weight, Healthy Joints and Healthy Longevity. Learn more at Dogsrule.com

Pedigree BRAND

®/TM Trademarks ©Mars, Incorporated 2010. *Based on guaranteed analysis of competitive products.

TWO WEEKS TO HEALTHIER GUMS.



Help reverse gingivitis in as little as two weeks.

Simply use Oral-B Glide Pro-Health Clinical Protection Floss as part of your complete dental routine.

Oral-B Glide PRO-HEALTH

© Procter & Gamble, Inc., 2010



A midcentury Saarinen table is an unconventional choice bedside. The modern line of the table contrasts with the simple, traditional four-poster bed.



Shopping savvy
Reproductions of vintage San Francisco travel posters (less than $25 each at Art .com) are a nod to the city Carole and John now call home.

© Procter & Gamble, Inc., 2010

GIVE GINGIVITIS ITS FOUR WEEK NOTICE.





Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.

New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It also protects these other areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.

Crest



Where to go for what

We asked San Francisco stylist and *Better Homes and Gardens* contributor Michael Walters to let us in on a few of his favorite go-to sources.

UPHOLSTERY

Smart Investment Lee Industries (leeindustries.com for stores). "Customization makes anyone a designer, and the profiles are failsafe."
Good Value Ballard Designs (ballarddesigns.com). "Order fabric swatches to make the best choice."
Budget Buy "'Budget' upholstery is generally too good to be true. This is not the place to cut corners on quality."

NON-UPHOLSTERED PIECES

Smart Investment Hickory Chair (hickorychair.com for stores). "When the table defines the room, start here."
Good Value Mitchell Gold + Bob Williams (mgbwhome.com for stores). "When you want to look like you've scoured the antiques markets and vintage shops but don't have the time or confidence."
Budget Buy Bassett (bassettfurniture.com for stores). "Spot-on design in convincing finishes."

LIGHTING

Smart Investment Circa (circalighting.com). "The best resource for a 'to the trade' experience at retail."
Good Value Shades of Light (shadesoflight.com). "Takes styling cues from more expensive offerings and delivers good quality."
Budget Buy JC Penney (jcpenney.com). "Great for table and floor lamps. Linden Street, American Living, and Chris Madden lines offer good design and value."

PHOTO: BEN KIST



Chocolate you can love unconditionally.

Light, fluffy 3 Musketeers is the chocolate you desire, still with 45% less fat.*
So you can feel free to give in to it completely.

*Than the average of the leading chocolate brands.



A Lighter Way to Enjoy Chocolate®

®/TM trademarks ©Mars, Incorporated 2010

RUGS

Smart Investment Williams-Sonoma Home (wshome .com). "The best edit: wools, crewels, sisals, plus ever-updated fashion dhurries."

Good Value Rugs Direct (rugs-direct.com). "A lot to sift through but can be good quality for the price."

Budget Buy Cost Plus World Market (worldmarket .com). "They get the colors and design right, and large sizes are surprisingly well priced."

ACCENTS

Smart Investment 1st Dibs (1stdibs.com). "Browsing this site is like taking an advanced course in design."

Good Value One Kings Lane (onekingslane.com) "You could outfit your entire house by checking in every day for six months."

Budget Buy JC Penney (jcpenney.com). "Again, Linden Street offers the must-haves every season. If you take the time and look around, you can save a lot." ■



Walters made these botanical throw pillows from a readymade drapery panel he bought at Calico Corners.

Rich enough to share.



Light enough not to.

New 3 Musketeers Truffle Crisp. Luscious truffle and delicate crisp in real milk chocolate. With just 85 calories per bar, sharing is optional.



A Lighter Way to Enjoy Chocolate®

®/TM trademarks ©Mars, Incorporated 2010

Spice Trade

Swap your messy stash of bottles and shakers for one of our smart storage strategies. They put flavor at your fingertips.

WRITTEN AND PRODUCED BY AMY PANOS
PHOTOS ADAM ALBRIGHT



Pick three
Parking your three favorite spices next to the stove full-time makes cooking quicker. Just remember: The efficiency comes from having only a couple of indispensable spices out, not your whole collection. Light, heat, and moisture are the enemies of freshness, so choose opaque containers for this purpose. And don't store them on top of the stove or shake them over a hot pot; the steam could cause clumping and spoilage.

STYLING: JENSIE MIKSICH

High Potency Anti-Aging Retinol without high potency problems



Well-versed in reducing the appearance of fine lines, wrinkles, age spots and blotchy skin discoloration. Helps increase dermal thickness and collagen production. Refines complexion, restores a youthful vibrancy and aids in skin firming. Patch testing on 50 volunteers enrolled in an independent clinical trial found no evidence of any redness, dryness or irritation.

DERMAdoctor®

Available at Sephora, Ulta, QVC, dermadoctor.com or 877-DERMADR.



Good to go

Save time and steps when you bake: Store bottles of spices and extracts, baking powder, and soda in a high-sided tray, basket, or bin, so you can tote the whole thing to the counter. Unlike a spice rack, this approach lets you store items of different sizes together. When you open a new spice, write its expiration date on the bottle—one year for ground, two for whole.



Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

AL SAYS, "DOES THIS NOSE LOOK LIKE IT BELONGS ON A VEGETARIAN?"

AL'S THE VOICE OF REAL DOGS.

When it comes to mealtime, he figures drool is the sincerest form of flattery. It means good things to come—as in the meaty goodness of ALPO With Beef, Chicken or Lamb. Mmmm, 100% complete and balanced ALPO.

REAL DOGS EAT MEAT.™





Top drawer

A drawer keeps spices where they belong—close at hand and in the dark. Use drawer dividers to keep spices upright and organized. Uniform glass bottles look neat and show when you're running low. Bonus points: Color code the lid labels to make grabbing the right spice even easier. *Bottles, $1, World Market; custom drawer dividers, $19, containerstore.com*

MORE IDEAS

Get in Gear

Try these smart solutions and inexpensive tools to get maximum flavor and value from your spices.

1. Buy a year's worth of your favorite spices and save: An ounce of cinnamon is about $3, but an 8-ounce bag is only $10. Use a small funnel to fill a bottle for daily use, then store the rest, tightly sealed, in a cool, dark place.

2. Nutmeg tastes better and lasts longer when you store it whole and grate it as needed. Use a nutmeg grater (about $6 at kitchen supply stores), and store the nutmegs in the freezer between uses.

3. The rectangular shape of these spoons means they fit easily into any spice bottle. Keep a set in your baking kit and one with your utensils. *Measuring spoons, $13, organize.com* ■



Go Online

Learn tricks for getting the most flavor from dried herbs and spices. Check out our video at bhg.com/spicesvideo

For buying information see page 290.

©2010 VF Jeanswear Inc.

NEW STYLES. NEW SLIMMING. NEW LEE.

Lee Instantly Slims You Jeans. Now in New Classic Fit and Slender Secret Fit.

Lee®

Get What Fits.

Lee NATIONAL DENIM DAY®

Available at Kohl's® and Kohls.com/lee



Fashion Forward

Entrepreneur Robin Kershner's living room takes its cues from her closet, sporting the same autumnal colors and patterns she loves to wear.

BY AMY PANOS | PHOTOS HELEN NORMAN | PRODUCED BY CHARLOTTE SAFAVI DAVIS



"I've learned I can't wear a big, loud paisley, but I can wear patterns with less contrast," says homeowner Robin Kershner. Her living room follows suit, its pulled-together but unfussy look coming from just two patterns, both containing plenty of ivory, a staple in Robin's wardrobe.



Clothes may make the woman, but in this case, they also make the room. Robin Kershner's living room in Alexandria, Virginia, wears the same muted spice tones, subtle patterns, and flashes of turquoise that she does. It's a combo Robin hit on eight years ago when image consultant Jane Pennewell gave her a post-baby makeover.

"I was feeling frumpy, and she showed me how colors either perked up or washed out my skin tone," Robin says. "Same for pattern—small or big, bold or fine. Quiet patterns that kind of fade into each other work best for me."

By the time she was ready to decorate her living room, Robin had color confidence to burn. "I looked at that turquoise sofa and thought it was incredible, so I bought it."

Enter designer Shazalynn Cavin-Winfrey with the unifying element—a fabric that puts a modern spin on an Arts and Crafts floral. It makes the sofa work with Robin's preferred palette and her home's bungalow style. The designer also used chairs, tables, and lamps in pairs to give this retreat for a busy working mom (Robin is founder of Blue Skies, a sales and marketing company in the pet industry) a sense of symmetry and calm.



“Don’t match wood tones too closely,” says designer Shazalynn Cavin-Winfrey. Mixing different but similar colors of wood gives a room a collected-over-time look.



Best-dressed list

Designer Shazalynn Cavin-Winfrey translated a wardrobe into a room, and you can, too. Here are her tips:

LAYER YOUR LOOK

Once you land on your palette, think of the room in layers and pull the same colors through all the different layers. For example, the turquoise of the sofa repeats on the lamps, accessories, and ottoman cubes.

BALANCE PATTERNS

You wouldn't wear a big floral with a big stripe. Same rule for decorating. Aim for one strong focal-point pattern (here it's the floral) plus a smaller-scale pattern in a supporting role (the diamond weave). Surround them with plenty of solids in different textures for breathing room.

THINK SMALL

Just as the right scarf or belt can tie an outfit together, something as small as the trim on a curtain or a pillow can mean the difference between a room that looks merely furnished and one that's totally pulled together. Don't overlook the details.

LIGHT IT UP

A room should have a mix of overhead lighting and lamps, and they should all be on dimmers. If you want a space that makes you look and feel good, nothing's more important; everything and everybody looks better in the right light. ■



For buying information see page 290.



Outside Chances

A few changes can dramatically boost your home's curb appeal. These three entries gain function and style from add-on architecture and cosmetic updates.

BY KIT SELZER

PHOTOS BY CAMERON SADEGHPOUR; PRODUCED BY BETSY HARRIS



It may come as a surprise that Lowe's offers many similar styles to what you'd find in specialty stores. What's better – they're a fraction of the price. Come in today and spend less on lamps, rugs, window treatments and more or visit Lowes.com/Style.

LOWE'S®
Let's Build Something Together™

328111 Portfolio 17-3/4-in. White Glass Traditional Table Lamp Base, 328099 Portfolio 16-in. Black and White Embroidered Hardback Shade, 109071 Large Reusable Shopping Bag, Valspar Sea Tickle Paint 5005-7B, 243051 Shaw Living 10-ft. x 8-ft. Natural Wooly Bully Area Rug, 238660 Bruce SOS Bay Solid Kona Hardwood Flooring, DIY Creative Ideas for Woodworkers Coffee Table

© 2010 by Lowe's. All rights reserved. Lowe's and the gable design are registered trademarks of LF, LLC.



1 serving = ½ cup fruit. Each DOLE Fruit Bowls® 4-oz cup provides ½ cup fruit towards the 2 cups recommended a day according to MyPyramid and the US Dietary Guidelines. Please visit kraftfoods.com and MyPyramid.gov for more information. DOLE and Fruit Bowls are registered trademarks of Dole Food Company, Inc.



With its plain windows and a less-than-gracious entry, this 1980s cross between a saltbox and a Colonial lacked luster. Window moldings and a new wood door shaded by a pergola add interest.



Above and Beyond

Philip and Katheryn Ireland envisioned a more welcoming entry for their Indianapolis home, with its plain saltboxlike facade and undeveloped front yard. By adding a pergola and updating the landscaping, they created an outside space so inviting it practically greets guests at the curb and ushers them in the front door.

Like a red carpet, brick pavers create an eye-catching walkway that starts at the street then flows into a patio. A new mahogany entry door with sidelights and raised panels replaces the original door and stands out against siding painted dark gray. Crown molding and deep sills beef up main-level windows to contrast with those upstairs.

The centerpiece of the transformation is the pergola, which architect Clete Kunce and builder John Lerchen fit seamlessly into a space created by the bumped-forward garage. The columned addition breaks up the home's flat front and provides some shade for a new sitting area outfitted with rocking chairs. The spot is also a draw in the evenings thanks to lights recessed in the brick at the base of the columns and copper downlights incorporated into the pergola's rafters.



Move Aside

The original front door on this ranch-style house benefitted from a roof overhang, but frankly, that was the extent of the entry's good points. Hired to update the Fairway, Kansas, home inside and out, architect/builder Greg Rothers and architect Matt Berislavich realized that a change for the sake of the interior layout—shifting the entry doorway about 7 feet to one side—would instantly improve the outlook outside.

For starters, the door's new location made the facade more symmetrical. The architects capitalized on the effect by adding a gable above the new wood door and incorporating a series of painted cedar posts to define an inviting porch. The back wall of the porch is set off with locally quarried limestone. Although technically considered a veneer, "it's real stone, about 5–6 inches thick," Rothers says. It inspired deep stone sills for the new windows, left shutterless for a classic, streamlined look. The stone also contributed the siding paint color and replaced the old brick on the chimney; uniting outdoors and in, thinner pieces face the living room fireplace.

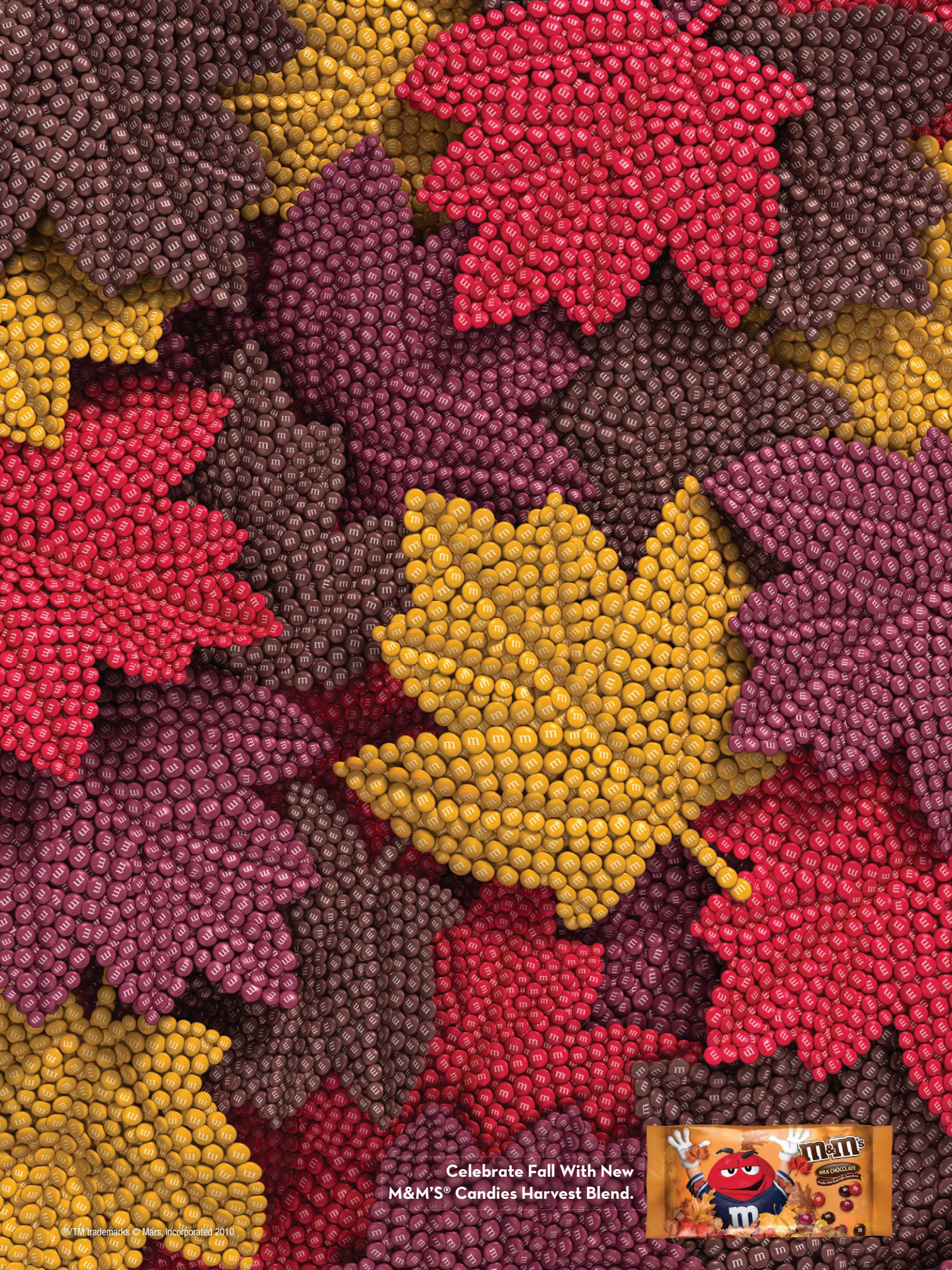
A new gable adds interest to the long, low-pitched roof of this 1951 ranch and establishes a focal point entry.





Go Online
Try different color combos for roofs, siding, and trim at BHG.com/colorahome.

PHOTO BY BOB GREENSPAN; PRODUCED BY SUSAN ANDREWS



®/TM trademarks © Mars, Incorporated 2010





A wraparound porch revitalizes this ordinary two-story, built in 1991. Shingle siding replaced lap siding on parts of the house, which was updated with green and cream paint.

Turning the Corner

This nondescript two-story in De Soto, Kansas, experienced such an impressive upgrade, you'd swear the house gained square footage. What it actually gained is even more appealing: a wraparound porch, a second entrance, and an Arts and Crafts sensibility.

The style was established by doubling the length of the roof overhangs (now 24 inches) on all sides and adding knee braces under each eave. The roof of the new porch displays similar styling but with a shallower slope. Tapered columns on stone bases are another nod to Arts and Crafts styling.

Roomy enough for two sitting areas, the porch created a natural spot for a second entrance—French doors that open to the dining room. Wide cedar-planking steps strengthen the home's connection to the side yard.

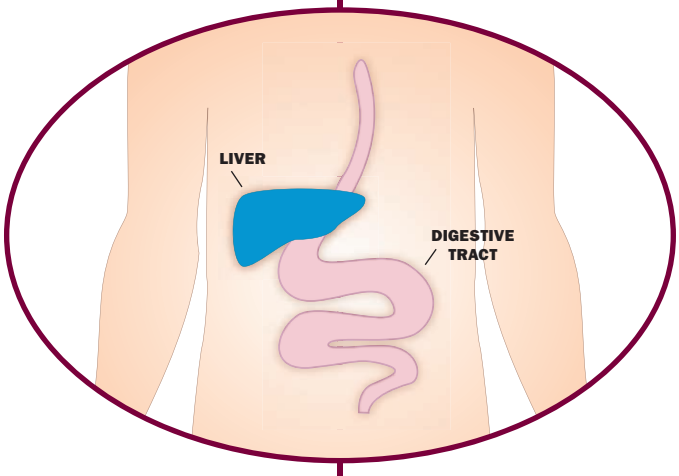
Another striking indoor-outdoor improvement was the addition of a second, matching dormer to the front of the house. It's positioned right above the entry, which is open to the upper level. "It worked out nicely to get daylight into the entry and add some interest to the outside of the house," architect/builder Greg Rothers says. ■

PHOTO BY BOB GREENSPAN; PRODUCED BY SUSAN ANDREWS

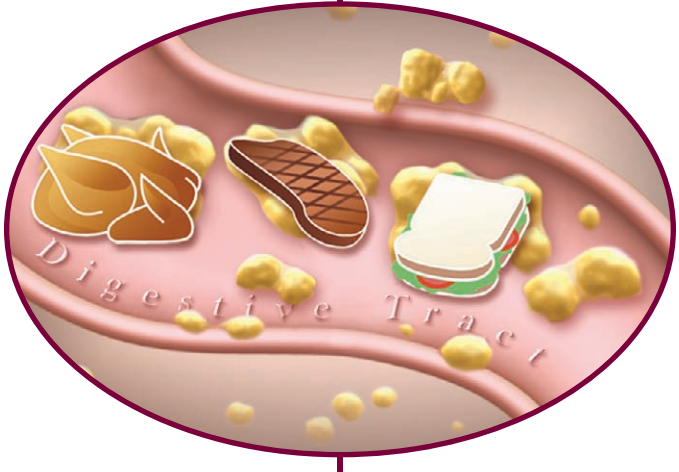
For buying information see page 290.

An inside look at a different way to help lower cholesterol.

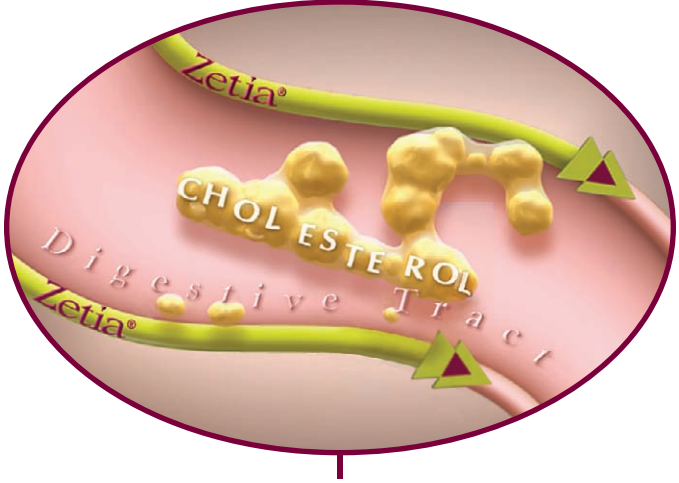
Statins, a good option, work mainly with the liver. **ZETIA works in the digestive tract,** as do some other cholesterol-lowering medicines.



Cholesterol from food is absorbed when it enters the digestive tract.



ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food. **Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.**



A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.

Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page.
For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

Zetia®
(ezetimibe) Tablets

A different way to help fight cholesterol

Ask your doctor if ZETIA is right for you.

Merck/Schering-Plough Patient Assistance Program

To find out if you qualify, call 1-800-347-7503.

MERCK / Schering-Plough Pharmaceuticals

Copyright © Merck/Schering-Plough Pharmaceuticals, 2010. All rights reserved. 20950061(10)(885)-ZET
ZETIA is a registered trademark of MSP Singapore Company, LLC.

ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

29480885T

Zetia®
(ezetimibe) Tablets

MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
Merck/Schering-Plough Pharmaceuticals
North Wales, PA 19454, USA

20950061(10)(885)-ZET

what could be better?

THE BEST PRODUCTS AND PROMOTIONS DESIGNED TO HELP YOU LIVE BETTER



MAKE A CLEAN GETAWAY.

Here's your chance to win a free, stress-free weekend for you and a girlfriend. It's the Summer's Eve® Relaxation Retreat Sweepstakes, so you can enjoy being a woman.

Your prize will include a two night's stay for two at a spa near you, plus two rejuvenating gift packages of Summer's Eve products, totaling $100 in value, including:

- Summer's Eve® Feminine Wash
- Summer's Eve® Cleansing Cloths

Enter the Summer's Eve® Relaxation Retreat Sweepstakes today at **BHG.com/summerseve**.

It's the perfect escape.

No purchase necessary to enter or win. Subject to Official Rules and entry at www.BHG.com/SummersEve. The Summer's Eve® Relaxation Retreat Sweepstakes begins August 24, 2010, and ends November 30, 2010. Entries must be received by 11:59 p.m., E.T. on November 30, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per email address. Void where prohibited. Sponsor: Meredith Corporation

summer's eve®

BEHR®
GOOD. BETTER. BEHR.®

A BEAUTIFUL NEW WAY TO PAINT & PRIME

With BEHR Premium Plus Ultra,® every brush stroke does the work of two, so it covers in fewer coats to save time. Get the paint and primer that does two jobs—all in one. A great value at The Home Depot.

Behr.com



BETTER BREAD. BETTER YOU.

With new Health-full™ from the bakers of Arnold, Oroweat and Brownberry bread, you get delicious flavor and a nutritional boost from whole grains, fiber and protein. Sandwiches go from good to great!

For more, visit **arnoldbread.com**.

BRIDGESTONE

GET UP TO $100 VALUE BACK* BY MAIL...

...On an American Express® Prepaid Reward Card when you buy four eligible Bridgestone Dueler tires.

Offer valid September 2 through October 2, 2010.

*See your participating Bridgestone dealer for details.



"FREEDOM TO CHOOSE!" SWEEPSTAKES

Get the freedom to clean your way with Libman's Freedom Spray Mop. Visit **kitchenbathideas.com/libman** for a chance to win a $1,000 gift card to spend the way you want!

No purchase necessary to enter or win. Subject to Official Rules and entry at kitchenbathideas.com/libman. The "Freedom to Choose!" Sweepstakes begins 9/6/10 and ends 10/31/10. Entries must be received by 11:59 p.m., E.T. (or C.T.), on 10/31/10. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per household. Void where prohibited. Sponsor: Meredith Corporation

McCormick® Perfect Pinch®

MCCORMICK® PERFECT PINCH® SEASONING BLENDS

Unique flavor combinations of herbs and spices that make it easy to try new flavors and create one inspired meal after another.

Visit **perfectpinch.com** for delicious recipes.



SNYDER'S OF HANOVER

Crunchy outside. Creamy inside. Real peanut butter sandwiched between two bite-sized crispy pretzel snaps. At Snyder's of Hanover, we've been sharing our love of pretzels for generations. After all, the best things in life are made to be shared.

snydersofhanover.com



"When you say 'green construction,' many people think funky earthen beams and sod roofs," says builder Frank Laskey. "But that just isn't true any more." Twin doors and transom windows bring cooling breezes and the wooded view to the living room of the home he built in upstate New York.

Easy Being Green

Don't let the good looks fool you. Nine eco-conscious features lie just below the surface of this handsome home.

BY SARAH EGGE | PHOTOS JOHN BESSLER
PRODUCED BY DONNA TALLEY



MASTER OF ALL THINGS HARDWARIAN™

Tools, products and expert advice for all your project needs.

True Value®

START RIGHT. START HERE.®

startrightstarthere.com



"Green" can look warm and friendly.

That's what builder Frank Laskey and architect Mike Phinney set out to prove with their showhouse in Saratoga Springs, New York. It can also make financial sense. Building this home green cost 10 percent more than a standard home, but Laskey expects energy bills to be 30 percent lower.



1 Long-lasting cement fiberboard siding and asphalt shingles won't need to be replaced as often as conventional ones, keeping them out of landfills longer. *CertainTeed siding, certainteed.com; Owens Corning architectural shingles, owenscorning.com*

2 An open floor plan not only makes the house seem bigger but also takes best advantage of the natural light and cross breezes the windows offer.

3 A house-wide ventilation system silently moves stale air outside and freshens indoor air, on the same amount of energy used to power a 75-watt lightbulb. *Broan heat recovery ventilator; broan.com*

"I didn't want my baby eating chicken by-product meal. **That's why I switched her to BLUE."**

Is your big name cat food fooling you? You probably didn't know that many well-known cat foods contain things like chicken by-product meal and corn gluten. BLUE is made with real meat as the first ingredient, followed by whole grains, veggies and fruit. And BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. Your cat can enjoy all of this **natural and healthy goodness for only pennies a day more.**



How Does Your Brand Compare to BLUE?	BLUE	Your Cat's Food
Deboned Chicken or Salmon is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
LifeSource® Bits	✓	?
All Natural*	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

*Fortified with vitamins and minerals.

Compare your cat's food to BLUE™ at

CompareBlueCat.com

Love them like family.
Feed them like family.™

©2010 Blue Buffalo Co., Ltd.



You know how you feel when you've created something truly special.

So do we.

You're not just crafting. You're preserving a lifetime of cherished memories.

Introducing a new collection of essential cutting tools and adhesives — now available at your nearby Walmart store. Discover the complete line of Elmer's® CraftBond™ and X-ACTO® products, together in the memory keeping aisle.

ELMER'S CraftBOND

X-ACTO PRECISION INSTRUMENTS Designer Series

New at Walmart Save money. Live better.



New project ideas every week! Visit elmers.com/crafters to join the Craft It! Club, and receive inspiration, expert tips and more!

Join Elmer's and X-ACTO on facebook and twitter

See the full line at elmers.com and xacto.com



4 Red oak flooring and concrete countertops, both fabricated nearby, saved the cost and environmental impact of long-distance shipping. These counters reuse fly ash, a by-product of burning coal.

5 New homes are more airtight than ever, so indoor air quality is a top concern. Compared to the MDF typically used in cabinet construction, the plywood cabinet boxes in this house off-gas fewer harmful chemicals.

6 Energy Star-rated appliances, such as the stainless-steel dishwasher and refrigerator, use about 30 percent less energy than standard models.

7 Energy-efficient windows and insulating blinds reduce heat loss by more than 75 percent. In addition, window trim is made of fast-growing poplar, a renewable resource. *Integrity windows from Marvin, integritywindows.com; Duette Architella blinds, hunterdouglas.com*

ADVERTISEMENT

WIN
OVER $1200
IN PRIZES

Grand Prize

One lucky winner will receive an Elmer's/X-ACTO Prize Pack that includes one of each item in the line ($219 retail value), PLUS two (2) $500 gift cards – one to spend, and one to shop with a friend!

Runners Up

Ten lucky winners will each receive a $25 Walmart gift card.



CRAFTING MEMORIES SWEEPSTAKES
ELMER'S X-ACTO

Visit bhg.com/elmerssweeps for your chance to win!

No purchase necessary to enter or win. Subject to Official Rules and entry at www.bhg.com/elmerssweeps. The "Crafting Memories" Sweepstakes begins 8/24/10 and ends 12/31/10. Entries must be received by 11:59 p.m., E.T., on 12/31/10. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person. Void where prohibited. Sponsors: Meredith Corporation and Elmer's Products, Inc.

overstock.com®
At Home with the "O"

Comfortably Low Prices



Expressions Slate 3-piece Duvet Cover Set $35.49



Patinated Gold & Acrylic Table Lamp $108.49



Mango Wood and Reed Storage Bench $219.99



Luxury Egyptian Cotton Towels Set $34.99

10% Off your next purchase.
Use promo code **152096** at checkout.

Find Overstock.com on

Your **entire** order ships for just $2.95. Save up to **70%** on brand-name products.

*Enter promo code on order review page under billing information section. Discount is not to exceed $150. Offer excludes books, music, movies, games, cars, auctions and real estate products. Offer applies to U.S. orders only. Promo code is limited to one use per customer. Cannot be combined with any other offer or discount. Offer ends 12/31/2010. Prices subject to change. Products limited to availability. © 2010 Overstock.com. All rights reserved.



8 Siting a house so its longest side has southern exposure saves energy. Phinney went a step further, positioning the busiest rooms in the house—the living and breakfast areas—along the south side. Sunlight keeps these spaces bright and warm as long as possible each day, key in a cold climate like New York's.

9 Though hidden from sight, formaldehyde-free building materials and a wax-and-resin subfloor (it contains fewer VOCs than the usual particleboard) are two features that promote better indoor air quality and help the house meet the American Lung Association standards for a healthy house. For more information, visit *healthhouse.org*. ■

For buying information see page 290.



Vyvanse®
For the treatment of ADHD

For special savings visit
Vyvanse.com
Restrictions may apply.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse or abuse. Selling or giving Vyvanse may harm others, and is against the law.

See adjacent page for Important Safety Information and Patient Brief Summary including Warning about Potential for Abuse and discuss with your doctor.

Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules
20 mg · 30 mg · 40 mg · 50 mg · 60 mg · 70 mg

Vyvanse® is a registered trademark of Shire LLC.
Shire ©2010 Shire US Inc. VYV-02056 08/10

Vyvanse™ CII (lisdexamfetamine dimesylate) capsules

20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

MEDICATION GUIDE VYVANSE® (lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?

Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- decreased appetite
- dizziness
- dry mouth
- irritability
- trouble sleeping
- nausea
- vomiting
- weight loss

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

© 2010 Shire US Inc. US Pat No. 7,105,486 and US Pat No. 7,223,735

Last Modified: 04/2010

VYV-02044

Shire



"My son Michael needed ADHD symptom control throughout the day. Even at 8 PM."

Our doctor prescribed Vyvanse.®

In a clinical study, when taken at 7 AM, Vyvanse (Vī´-vāns) showed ADHD symptom control at 8:30 AM and was shown to provide symptom control 13 hours after taking.

The most common side effects in this study were decreased appetite, trouble sleeping, headache and irritability.

If your child has **ADHD**, talk to your doctor about Vyvanse.

To learn more, visit VyvanseKids.com or call 1-866-630-1283

Visit VyvanseKids.com for helpful tools!

TIPS FOR PARENTS

TEACHER DISCUSSION GUIDE

INDICATION

Vyvanse® (lisdexamfetamine dimesylate) is a prescription medicine for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and two controlled trials in adults. Vyvanse should be used as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thoughts or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your health care provider may stop Vyvanse treatment if a problem is found during these check-ups.

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

See adjacent page for Patient Brief Summary, including Warning about Potential for Abuse, and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088

Vyvanse™ (lisdexamfetamine dimesylate) capsules

20 mg · 30 mg · 40 mg · 50 mg · 60 mg · 70 mg

Shire ©2010 Shire US Inc. Vyvanse® is a registered trademark of Shire LLC. VYV-02060 08/10

Paid Advertisement



IT MOMS™

Holly Resnick (left) & Marni Renison (right) from the nationally syndicated show *"Better"* with their children

Savvy moms who know how to keep busy households running smoothly

HELPING HANDS
For Heavy Loads

When life overwhelms you at mealtime, there's always take-out. But how can you take a load off when it comes to laundry? Teamwork!

As soon as kids know their colors, they can help by sorting socks. After a few years, they will be able to sort, fold and even help put clothing away.

With a little more practice kids—and husbands—can take over by tossing laundry into the dryer. With the **Bounce Dryer Bar** firmly in place (you just peel it and stick inside the dryer), you'll have peace of mind that the clothing will come out fresh and virtually static-free.

Here's what other moms said when given the Bounce Dryer Bar and asked a few questions about it:



"I LOVE IT! WORKS GREAT AND IT'S ONE LESS THING I NEED TO REMEMBER TO DO... IT IS VERY CONVENIENT AND I LOVE THE SMELL OF THE CLOTHES WHEN THEY COME OUT OF THE DRYER."
– Maureen G. of Garden Grove, CA

"LOVE IT. THE SCENT IS AMAZING. MY CLOTHES FEEL SO SOFT AND I LOVE THE FACT THAT YOU CAN STICK YOUR CLOTHES IN THE DRYER WITHOUT WORRY."
– Michelle T. of Freeport, NY

"I LIKE THE CONVENIENCE OF THE BAR. I HAVE A GRAND-DAUGHTER THAT LIKES TO HELP AND SHE DOESN'T HAVE TO THINK ABOUT DRYER SHEETS, NEITHER DOES MY HUSBAND... ONE LESS THING TO THINK ABOUT."
– Sharon R. of Lemmon, SD



TIPS TO TAKE A LOAD OFF

Playful ways to get a break:

HIDE OUT:
Let kids build a fort with blankets and pillows first and then they strip the bed.

COLOR CODING:
Buy colored hampers to help kids sort their own laundry.

MATCHING GAME:
Race against the clock to see who can pair and match up socks the quickest.

HOOPS:
Hang a hoop above the laundry basket to win points for sorting.

MEMORY:
No worrying about remembering to add the dryer sheet. With the **Bounce Dryer Bar** you'll beat static and win with freshness.



BetterTV.com

Log onto **better.tv.com** to see Holly and Marni in action and discover more ways to get the family to lend a helping hand.

“YOU DON’T HAVE TO REMEMBER TO PUT THE SHEET IN THE DRYER.”

“I LOVE THE SMELL... IT’S LIGHT, IT’S FRESH.”

- Rachel, Denver CO



With Rachel’s family of 5, sometimes it seems as if she’s surrounded by laundry. She was asked to try out the Bounce dryer bar, answer a few questions, and above is just a portion of what she said. She loved the whole idea of stick it and forget it.



Share your stories at bounceeverywhere.com

©2010 P&G



This mudroom organizes mounds of gear with ease. Two rows of pegs offer kids and adults quick access to bags and coats. A Dutch door leads to the kitchen.

Back-Door Order

Hats off to a sunny mudroom that keeps stuff tidy and gives heaps the heave-ho all year long.

BY JAN SOULTS WALKER | PHOTOS JAMES SALOMON
PRODUCED BY SUSAN SALOMON

YOU SHOULDN'T HAVE TO THROW AWAY **A GOOD THING.**



Freedom! SPRAY MOP

***FREE* from disposable pads**

Reusable, Machine-Washable, Scratch-Free Microfiber Pad

***FREE* from solution refills**

Refillable Bottle Works with Your Favorite Cleaning Solution

***FREE* from messy buckets**

Safe to Use On Hardwood Floors



In The Mop & Broom Section

MAKES GOOD, CLEAN SENSE™

LIBMAN

for a money saving rebate visit ***libman.com***

1-877-818-3380

©2010 The Libman Company



An island bench provides storage, a spot to sit and pull on boots, and a ledge for pocket-emptying. A radiant heat system below slate floor tiles warms feet and quickly dries tracked-in moisture.

No matter where they're located, most homes hold four seasons of gear. Multiply that by each family member, and it's no wonder an entryway can easily become a tangle of outerwear and equipment. That's exactly what Jim and Julia Brady—and their daughters, Lila, 11, and Claire, 9—faced in their Yarmouth, Maine, home. "Boots and jackets in winter, hiking boots in spring and fall, and swimsuits and boating gear in summer—there's paraphernalia for every season and activity," Julia says.

When they revamped their back entry, the Bradys included a tall closet with swinging doors to conceal long coats and bulky sporting gear; drawers in the base round up items like hats and gloves. One wall features a bench with cubbies below for shoes and pegs above for coats and bags. A bench in the center of the room hides storage under its seat lid.

Durable surfaces ensure low maintenance: Beaded-board wainscoting takes a beating better than drywall. Slate tiles on the floor stand up to tracked-in moisture and grit. Acrylic paint on walls and wood offers washability. Outdoor fabrics resist stains and moisture.

"In Maine, even your guests come through the mudroom," Julia says. "We wanted the space to be welcoming and orderly so they could say, 'Ahh, this is home.'"



You prefer silent toys, I prefer ones that squeak. You buy me the ones that squeak.

That's a good human.℠

You go above and beyond to ensure your pet's happiness, now insure his health with VPI® Pet Insurance. For about a dollar a day you can rest assured that you'll be able to get him the best care possible from the #1 vet-recommended pet health insurance company.* Visit ThatsAGoodHuman.com to learn more about pet insurance and the many ways you and others can be what pets deserve—good humans.

VPI PET insurance
a Nationwide Insurance® company

ThatsAGoodHuman.com • 888-PROTECT

* ACI Custom Research, Sept. 2006.

All applications are subject to underwriting approval. Read your policy for complete coverage details. Underwritten by Veterinary Pet Insurance Company (CA) Brea, CA, National Casualty Company (all other states), Madison, WI, an A+15 rated company. © 2010 Veterinary Pet Insurance Company. Nationwide Insurance is a service mark of Nationwide Mutual Insurance Company.

A chest of drawers, *right*, boosts storage capacity and lends the warmth of natural wood to the space.

Recessed-panel doors on the closet, *below*, complement the 1860s Colonial charm of the Bradys' home.





Organize Your Entry

Tackle the clutter in your home's drop spot with a few easy tricks.

1. Tap unused space behind the door. A few inches might allow you to tuck in a slim bookcase or a series of hooks mounted at different heights.

2. Avoid using one big basket for everyone's shoes or gloves. You'll save getting-ready time and distribute responsibility if you assign space to each family member.

3. Incorporate display space with corkboard or a magnetic surface to keep children's artwork and important notices from forming piles. ■

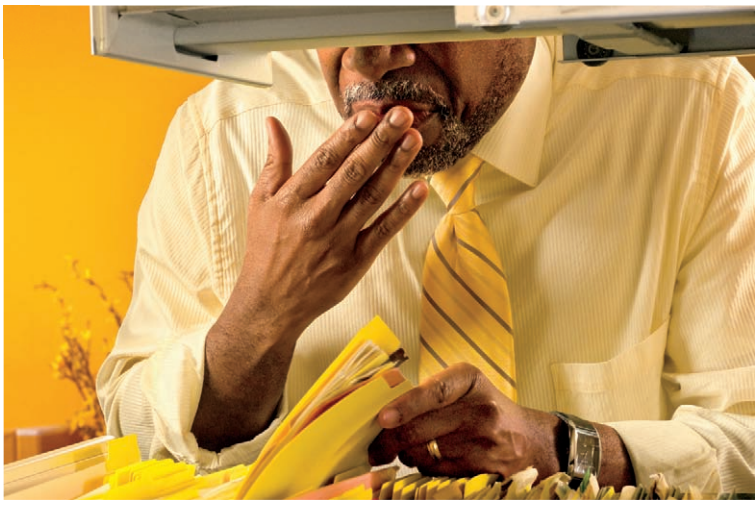
For buying information see page 290.

Acid reflux disease

Burning
BAD TASTE IN YOUR THROAT
belching







IMPORTANT SAFETY INFORMATION

ACIPHEX has a well-established safety profile.

In adults, the most common side effects with ACIPHEX include pain, sore throat, gas, infection, and constipation.

Symptom relief does not rule out other serious stomach conditions.

Before taking ACIPHEX, tell your doctor if you are taking atazanavir, digoxin, iron salts, ketoconazole, or warfarin.

To learn more, talk to your doctor and read the patient information on the next page.

In adults (≥18 years of age), one ACIPHEX 20 mg tablet daily is used for the treatment of persistent, frequent (2 or more days a week) heartburn and other symptoms associated with acid reflux disease.

Individual results may vary.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

ACIPHEX is a registered trademark of Eisai Company, Ltd.
©2010 Eisai Inc. and Ortho-McNeil-Janssen Pharmaceuticals, Inc.
01AX2143 June 2010

Manufactured and Marketed by
Eisai
Woodcliff Lake, NJ 07677

Marketed by
PriCara
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Raritan, NJ 08869-0602

Acid reflux disease.
It's many faces—in many places.

Wherever you go do heartburn, and even a bad taste in your throat, and belching sometimes come along? If persistent heartburn (2 or more days a week) and other symptoms are all too familiar, despite treatment and diet change, it could be acid reflux disease. Talk to your doctor. And ask about prescription ACIPHEX. Because wherever you're headed, relief could be there too.

14 DAYS

Try **ACIPHEX FREE** for 2 weeks!*
1-866-379-0105 | **TryAciphex.com/05**
See the attached voucher. *Restrictions apply.

AcipHex®
rabeprazole sodium

PATIENT INFORMATION
ACIPHEX (a-se-feks)
(rabeprazole sodium)
Delayed-Release Tablets

Read the Patient Information that comes with ACIPHEX before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is ACIPHEX?

ACIPHEX is a medicine called a proton pump inhibitor or an "acid pump inhibitor". This means it reduces the amount of acid that is made by your stomach. ACIPHEX is used in adults:

- for the short-term (4 to 8 weeks) treatment in the healing and symptom relief of damaging (erosive) Gastroesophageal Reflux Disease (GERD).
- to maintain healing of damage (erosions) and relief of heartburn symptoms with GERD. ACIPHEX has not been studied for treatment lasting longer than 12 months (1 year).
- for the treatment of daytime and nighttime heartburn and other symptoms that happen with GERD.
- for short-term treatment (up to 4 weeks) in the healing and relief of stomach-area (duodenal) ulcers. The duodenal area is the area where food passes when it leaves the stomach. The main symptom of a duodenal ulcer is a steady pain in the stomach area.
- with certain antibiotic medicines for the treatment of an infection caused by bacteria called *H. pylori*. Sometimes *H. pylori* bacteria can cause duodenal ulcers. The infection needs to be treated to prevent the ulcers from coming back.
- for the long-term treatment of conditions where your stomach makes too much acid. This includes a condition called Zollinger-Ellison syndrome.

ACIPHEX is used in adolescents 12 years of age and above:

- for the short-term (up to 8 weeks) treatment of GERD.
- The safety and effectiveness of ACIPHEX has not been established for children under the age of 12.

Who should not take ACIPHEX?

Do not take ACIPHEX if you:

- are allergic to any of the ingredients in ACIPHEX. See the end of this leaflet for a complete list of ingredients in ACIPHEX.
- are allergic to any other Proton Pump Inhibitor (PPI) medicine.

What should I tell my doctor before I take ACIPHEX?

Tell your doctor about all of your medical conditions, including if you:

- have any liver problems.
- have any allergies.
- are pregnant or planning to become pregnant. It is not known if ACIPHEX can harm your unborn baby.
- are breastfeeding. It is not known if ACIPHEX passes into your breast milk or if it can harm your baby. You should choose to breastfeed or take ACIPHEX, but not both. Talk to your doctor about other ways to feed your baby while taking ACIPHEX.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. ACIPHEX and certain medicines can affect each other. This can cause serious side effects. Know the medicines that you take. Keep a list of them with you and show it to your doctor when you get a new medicine. Be sure to tell your doctor if you are taking:

- atazanavir (Reyataz)
- cyclosporine (Sandimmune, Neoral)
- digoxin (Lanoxin)
- ketoconazole (Nizoral)
- warfarin (Coumadin)
- antibiotics

How should I take ACIPHEX?

- Take ACIPHEX exactly as prescribed. Your doctor will prescribe the dose that is right for you and your medical condition. Do not change your dose or stop taking ACIPHEX unless you talk to your doctor. Take ACIPHEX for as long as it is prescribed even if you feel better.
- ACIPHEX is usually taken once a day. Your doctor will tell you the time of day to take ACIPHEX, based on your medical condition.
- ACIPHEX can be taken with or without food. Your healthcare provider will tell you whether to take this medicine with or without food based on your medical condition.
- Swallow each ACIPHEX tablet whole with water. **Do not chew, crush, or split ACIPHEX tablets** because this will damage the tablet and the medicine will not work. Tell your doctor if you cannot swallow tablets whole. You may need a different medicine.
- **If you miss a dose of ACIPHEX, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your normal schedule. Do not take 2 doses at the same time.**
- If you take too much ACIPHEX, call your doctor or Poison Control Center right away, or go to the emergency department.
- Your doctor may prescribe antibiotic medicines with ACIPHEX to help treat a stomach infection and heal stomach-area (duodenal) ulcers that are caused by bacteria called *H. pylori*. Make sure you read the patient information that comes with an antibiotic before you start taking it.

What are the possible side effects of ACIPHEX?

ACIPHEX, like other proton pump inhibitors, may cause serious allergic reactions. See the end of this leaflet for a complete list of ingredients in ACIPHEX.

The most common side effects with ACIPHEX may include:

- headache
- pain
- pharyngitis
- flatulence
- infection
- constipation

These are not all the side effects of ACIPHEX. For more information, ask your doctor or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ACIPHEX?

- Store ACIPHEX in a dry place at room temperature, 59°F to 86°F (15°C to 30°C).
- **Keep ACIPHEX and all medicines out of the reach of children.**

General Information about ACIPHEX

Medicines are sometimes prescribed for conditions other than those described in patient information leaflets. Do not use ACIPHEX for any condition for which it was not prescribed by your doctor. Do not give ACIPHEX to other people, even if they have the same symptoms as you. It may harm them.

This leaflet summarizes the most important information about ACIPHEX. If you would like more information, talk to your doctor. You can also ask your doctor or pharmacist for information about ACIPHEX that is written for healthcare professionals. For full product information, visit the website at http://www.aciphex.com/ or call the toll-free numbers 1-888-4-ACIPHEX or 1-800 JANSSEN.

What are the ingredients in ACIPHEX?

Active Ingredient: rabeprazole sodium

Inactive ingredients of the 20 mg tablet are carnauba wax, crospovidone, diacetylated monoglycerides, ethylcellulose, hydroxypropyl cellulose, hypromellose phthalate, magnesium stearate, mannitol, propylene glycol, sodium hydroxide, sodium stearyl fumarate, talc, and titanium dioxide. Iron oxide yellow is the coloring agent for the tablet coating. Iron oxide red is the ink pigment.

The following are registered trademarks of their respective manufacturers: Reyataz (Bristol-Myers Squibb Company), Sandimmune and Neoral (Novartis Pharmaceuticals Corporation), Lanoxin (GlaxoSmithKline), Nizoral (Janssen Pharmaceutica Products, LP), and Coumadin (Bristol-Myers Squibb Company).

What is GERD?

Your stomach needs acid to help your body digest food. Stomach acid is made by tiny acid pumps in the cells that line your stomach. If your body makes too much acid or cannot protect itself against a normal amount of acid, medical problems such as GERD can happen.

GERD happens when acid in your stomach backs up into the tube (esophagus) that connects your mouth to your stomach. Stomach acid can damage (erode) the lining of your esophagus. Some symptoms of GERD are heartburn, sour taste in the back of your throat and burping.

For prescription only

Revised January 2009

ACIPHEX is a registered trademark of Eisai Co., Ltd., Tokyo, Japan.

Manufactured and Marketed by Eisai Inc.,
Woodcliff Lake, NJ 07677
Marketed by PRICARA,
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.,
Raritan, NJ 08869

AC0109P



Wisteria 'Lavender Falls'

A rebloomer with the scent of grape jelly.

By special arrangement with the grower, we have reserved a limited quantity of this remarkable plant. An outstanding climber (grows to 30 feet tall!), its blue-violet, 9- to 20-inch cascading blooms have the delightful scent of grape jelly. The exciting part is that flowering starts in May, and reblooming occurs several times during the summer. Provide a sturdy arbor, fence, or trellis, and, in full sun, the wisteria will thrive. 'Lavender Falls' wisteria in a 1-gallon pot sells for $22.95 plus shipping. Hardy in Zones 5–9.

To order *Wisteria* 'Lavender Falls' in a 1-gallon pot for $22.95 plus shipping, call White Flower Farm, 800/420-2852, or visit readershopping.com. Please specify MM068947. Order early; quantities are limited. Plants are shipped through October. Sorry, we are unable to ship to APO/FPO addresses, or outside the contiguous United States.

get to sleep...
get back to sleep...
naturally!



Promotes Healthy Sleep

Promotes Healthy Sleep and Manages Minor Pain**

GOOD HOUSEKEEPING Since 1909

America's #1 Top Selling Drug Free Sleep Remedy*

Take Anytime *before going to bed or even the middle of the night!*

No Morning Grogginess

• *Natural sleep ingredients* • *Not habit forming* • *Drug Free*

New Improved Flavor! *Chewable - Take right from bed*

Always follow usage instructions | § See product label for full usage instructions. Allow a minimum of 3 hours for sleep.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†Based on IRI Sales Data ending 6/13/10 **For occasional pain such as muscle pain from exercise.

DIETARY SUPPLEMENT

MANUFACTURER'S COUPON | EXPIRATION DATE 3/31/11

SAVE $1.00

on one (1) package of MidNite or MidNite PM



QUESTIONS?
Visit
www.midnitesleep.com

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20¢. Reproduction of this coupon is expressly prohibited. Mail to: Concepts In Health, Inc., CMS Dept #88901, One Fawcett Drive, Del Rio, TX 78840

00135

5 88901 00076 8 (8101)1 00135 0311



Bruce Dale *for* National Geographic

Will the Internet kill magazines? Did instant coffee kill coffee?

New technologies change many things. But not everything. You may surf, search, shop and blog online, but you still read magazines. And you're far from alone.

Readership has actually increased over the past five years. Even the 18-to-34 segment continues to grow. And typical young adults now read more issues per month than their parents. Rather than being displaced by "instant" media, it would seem that magazines are the ideal complement.

The explanation, while sometimes drowned out by the Internet drumbeat, is fairly obvious. Magazines do what the Internet doesn't. Neither obsessed with immediacy nor trapped by the daily news cycle, magazines promote deeper connections. They create relationships. They engage us in ways distinct from digital media.

In fact, the immersive power of magazines even extends to the advertising. Magazines remain the number one medium for driving purchase consideration and intent. And that's essential in every product category.

Including coffee.

MAGAZINES

The *Power* of *Print*®



Easy to hang
Avoid hardwiring by picking a pendant that hangs from a hook and plugs into an outlet.

Custom looks
Choose a pattern from a wide assortment and virtually any color to create a shade at Lamps Plus. *Shade and fixture, $130; lampsplus.com /design-it*

Drum Roll, Please

Today's most stylish light fixtures cover all the bases. Pendants with drum shades are dropping in over dining tables, beds, and foyers. (Think of them as streamlined chandeliers.) Characterized by their straight sides, drum shades come in many sizes. One of our favorite ideas: Hang one over each nightstand.

1 MEASURE
The bottom of the shade should be 28–36 inches above a table. If the fixture will be used in a walkway, make sure the bottom is at least 7 feet above the floor.

2 DIFFUSE
To eliminate a view of a bulb, use a diffuser—a translucent disk that fits inside the shade. Find one online or at lamp-parts stores.

3 CREATE
Cover a bargain shade with fabric using spray adhesive; attach trim with glue. Because they don't have tapered sides, drum shades handle repeating patterns easily.

4 INSTALL
Most pendants can be used in place of a typical ceiling fixture, no special mountings required (but electrical expertise is advised).

PHOTO: MARTY BALDWIN

Lysol®
BRAND
KILLS 99.9% OF BACTERIA



We do more not just because we can, but because we must.

Health matters. To all of us. That's why we've started the Lysol Mission for Health. And it extends from our homes to our communities and beyond. With new mom programs, healthy habits initiatives in schools and disaster relief efforts, we are dedicated to doing more for health. Our mission is fueled by passion and backed by our expertise in killing germs. So when you use Lysol at home, you'll know you're a part of something bigger. Join us.

To find out more, visit lysol.com/missionforhealth



©2010 Reckitt Benckiser Inc.

Danny Lipford's Autumn To-Do List

It's hard to beat cool fall days for knocking out that list of outdoor projects you put off while the mercury was through the roof. While you're at it, get your home ready for cold weather, too.



INSULATE OUTLETS

You might think your house is zipped up tight, but don't overlook insulating indoor electrical outlets and switch covers.

Foam switch and outlet gaskets save energy and are a cinch to install. Just turn off the circuit breaker, unscrew the cover, press the foam gasket in place, and replace the cover.

Stop even smaller drafts from entering through unused outlets by inserting plastic childproof shock guards.

SERVICE YOUR SNOWBLOWER

Don't wait for the white stuff to crank up your snowblower. That way if it doesn't start now, you can have it fixed before the line at the service counter is around the block.

To get your snowblower ready, change the oil, replace the spark plug, lubricate, check belts for wear, inflate tires, and spray the discharge chute with silicone to keep it from clogging.

You should also fill the tank with gas, but make sure it's fresh. Anytime you use your blower, the gas should be no more than 30 days old. Otherwise your blower may be difficult to start.

While we're on the topic of snowblowers, this is a good time to review safety precautions. Always turn off the snowblower when unclogging, and use a long stick rather than your hands. To prevent carbon monoxide poisoning, never run a snowblower in an enclosed space.

PREPARE FOR FIRES

Who doesn't like sitting by a warm fire on a cold night? Whether you buy firewood or cut it yourself, stock up early to give it time to dry. Stack it off the ground and away from your house to keep termites at bay. Cover the top of the pile to protect the wood from snow and rain, but leave the sides open so the logs can air-dry.

The best firewood is seasoned hardwood, but pine is tops for kindling. Don't even think about burning treated or painted wood; it can release dangerous fumes.

If you haven't had your fireplace cleaned and inspected by a professional in the last year, now's the time.

Always open the damper before starting a fire, use a fireplace screen, and don't leave the fire unattended. Once the fire is out, make sure ashes are cold before removing, and close the damper to prevent heat from going up the chimney.

Danny is the host of the nationally syndicated show *Today's Homeowner with Danny Lipford* (dannylipford.com).

Join the MyBONIVA® Program for Sally's Tips, plus one month of BONIVA free!

MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis. You'll get:

- One month of BONIVA free*
- Sally Field's tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.



*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.



If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.



"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-800-382-1517 or visit BONIVAfreetrial.com and try BONIVA free.

once-monthly Boniva® ibandronate sodium 150 mg tablet

Help Stop and Reverse Bone Loss

Genentech
A Member of the Roche Group

BONIVA and symbol are trademarks of Roche Therapeutics Inc. © 2010 Genentech USA, Inc. All rights reserved.

10297400

Boniva®
ibandronate sodium

IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit mybonivа.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

Genentech
A Member of the Roche Group

Revised: March 2010 © 2010 by Genentech USA, Inc. All rights reserved.

10032001

3 WAYS TO DO IT BETTER

Launder with a Light Touch

Wash day can be hard on clothes. To help your wardrobe look better and last longer, try these TLC tips.

1 Just as you turn dark jeans inside out before washing to lessen visible wear and tear, do the same for textured sweaters to reduce pilling. Other protective measures: Secure zippers and other fasteners before washing, and avoid washing rugged pants and shirts with lightweight knits.

2 Contrary to your instinct to wash immediately (and several times), allow muddy clothes to dry enough so that you can brush off the dirt. Pretreat stains with liquid detergent or a paste of granular detergent and water. Presoak heavy stains in water and detergent. Launder as usual.

3 Too much detergent can leave soap deposits in your washer and make your clothes feel stiff. Check the recommended amount on the package and stick to it. Experts at the Whirlpool Institute of Fabric Science suggest marking levels on the outside of the detergent cap.



PHOTO: KIM CORNELISON



PUT YOUR HUNGER ON HOLD.

Blue Diamond® Oven Roasted Almonds offers you MORE of the nutrition you need to get you through your day. They're baked to perfection, with no added oil, making each handful MORE flavorful with MORE crunch and less mess. They're MORE delicious, MORE satisfying and MORE filling…putting your hunger on hold. Need we say MORE?



Easy Pour Pop-Top Lid •
• Portion Control Side Window

BLUE DIAMOND NATURAL MORE THAN A SNACK® From the Almond People

© 2010 Blue Diamond Growers. All rights reserved.



Ramen & Vinyl Records

Keep Your Home Smelling Like Home™

Whatever scents fill your household, Purina® Tidy Cats® Premium Scoop Small Spaces® helps neutralize odors even in the coziest of multiple-cat homes, giving you just what you need to keep your house smelling like it should. Explore the full range of Purina® Tidy Cats® litter formulas at tidycats.com.



Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

FROM OUR PAGE ON FACEBOOK

Keep the Bath Organized

Holli Lowe Sturgill I have a box full of supplies I have bought on sale. I keep it in the hall closet with the towels. Also, look for little storage spaces you rarely use: I have a shelf in my bedroom closet that I can't reach without a stool, so that shelf gets used for stuff that we buy and don't need right now.

P. Lynne Courtney My vanity only has cabinet doors, no drawers, so I've put inexpensive wood boxes with cutout pulls in each section, like drawers. They're large and tall, and hold all the big stuff—neat and easily accessible.

Mary Kay Radnich We have a closet in our bathroom, and I was using baskets, which were useless. So I cleaned it out, ditched all the unnecessary stuff (a lot), and organized it by category (i.e., all the tooth-care products are together, all the nail files are together, etc.). Now you can see everything at a glance. The rule now is that you put it back where you got it.

For more tips, see *facebook.com/mybhg*.

WISDOM

"To eliminate visible dust buildup on shelves, align books so the binding is even with the edge of the shelf."

Donna Smallin
cleaning expert and author



PHOTO: ADAM ALBRIGHT



PHOTO: KIM CORNELISON

100 Days of Holiday Inspiration

Our FREE *Better Homes and Gardens*® holiday e-newsletter arrives daily with ideas to help you transform your home into a holiday haven.

From Halloween to New Year's you'll get:

- Free pumpkin-carving stencils
- Thanksgiving menus and a turkey-roasting guide
- Stunning centerpiece ideas
- 100s of Christmas cookie and bar recipes
- Handmade ornaments you'll love
- And lots more!

Go Online
Sign up for our holiday e-newsletter now at **BHG.com/enews**



Crayons & Fresh Laundry

Keep Your Home Smelling Like Home™

Whatever scents fill your household, Purina® Tidy Cats® Scoop helps neutralize odors in multiple-cat homes, giving you just what you need to keep your house smelling like it should. Explore the full range of Purina® Tidy Cats® litter formulas at tidycats.com.



Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

64%

The number of people who say they bank online, up from 45% last year.

Source: comScore 2010 U.S. State of Online Banking Report



Lose the Paper Weight

Transitioning to a paperless home office can help you clear clutter, feel organized, avoid waste, and save money.

All those statements, receipts, and other piles of paper pose one of the home's greatest storage challenges. But if you have a computer with Internet access and a scanner, you likely have all you need to solve it. Try these ideas:

- Switch to online bill-paying options (and consider automatic payments—you'll never be late again). In addition to paying off in time and storage savings, this system yields other rewards. For example, Citizens Bank pays 10 cents for every paperless payment, up to $120 per year. For tips on guarding against online banking theft, go to *fdic.gov* and search for "Safe Internet Banking."
- Upgrade your computer's backup system. Then scan and store receipts and documents electronically. (Check out *neatco.com* or *ambir.com* for portable scanners designed for this purpose.)
- Resist the urge to hit "print." Save documents as pdfs.
- See *irs.gov* for information on what records to keep and how long (download publication 552 under "Forms and Publications").
- Add a shredder to safely get rid of old files, paid bills, and other unwanted paper, like credit card offers.



MOMS' VIEWS

Room to Improve

First impressions carry a lot of weight on the home front. The moms on our online community, The Motherboard, told us the space they'd most like to improve is the living room. Says one mom, "It's where everyone enters our home and where we spend the most time. I would love it to feel warm and welcoming." Updates on their minds: painting the walls and installing hardwood floors.

themotherboard™
a million women strong

TRIED AT HOME

Steam Team

We were excited to discover a new way to clean everything from windows to tires. This handheld cleaner, *above*, comes with nine attachments that team with steam to take care of messes like gunk around faucets and dried cooktop spills.

Its electrical cord may keep us from using it for whole-house sprees, but it's handy for small, tough jobs. *Haan Deluxe Steamer, $60; macys.com*

HOW TO FIX IT

Garage Door Trick

The power goes out, and you want to open your garage door. Disconnect the automatic door opener by pulling on the release rope (it typically has a red handle) hanging from the trolley. Now you can raise the door manually. To reconnect, push up on the trolley lever attached to the rope.

PHOTO: (LAPTOP) MARTY BALDWIN



Get low prices on limited edition harvest dinnerware from the Better Homes and Gardens™ collection. Only at Walmart.

Walmart
Save money. Live better.
Walmart.com

The "Spark" Design, Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.
BETTER HOMES AND GARDENS™ is a registered trademark of Meredith Corporation.

The price is rather uplifting as well.







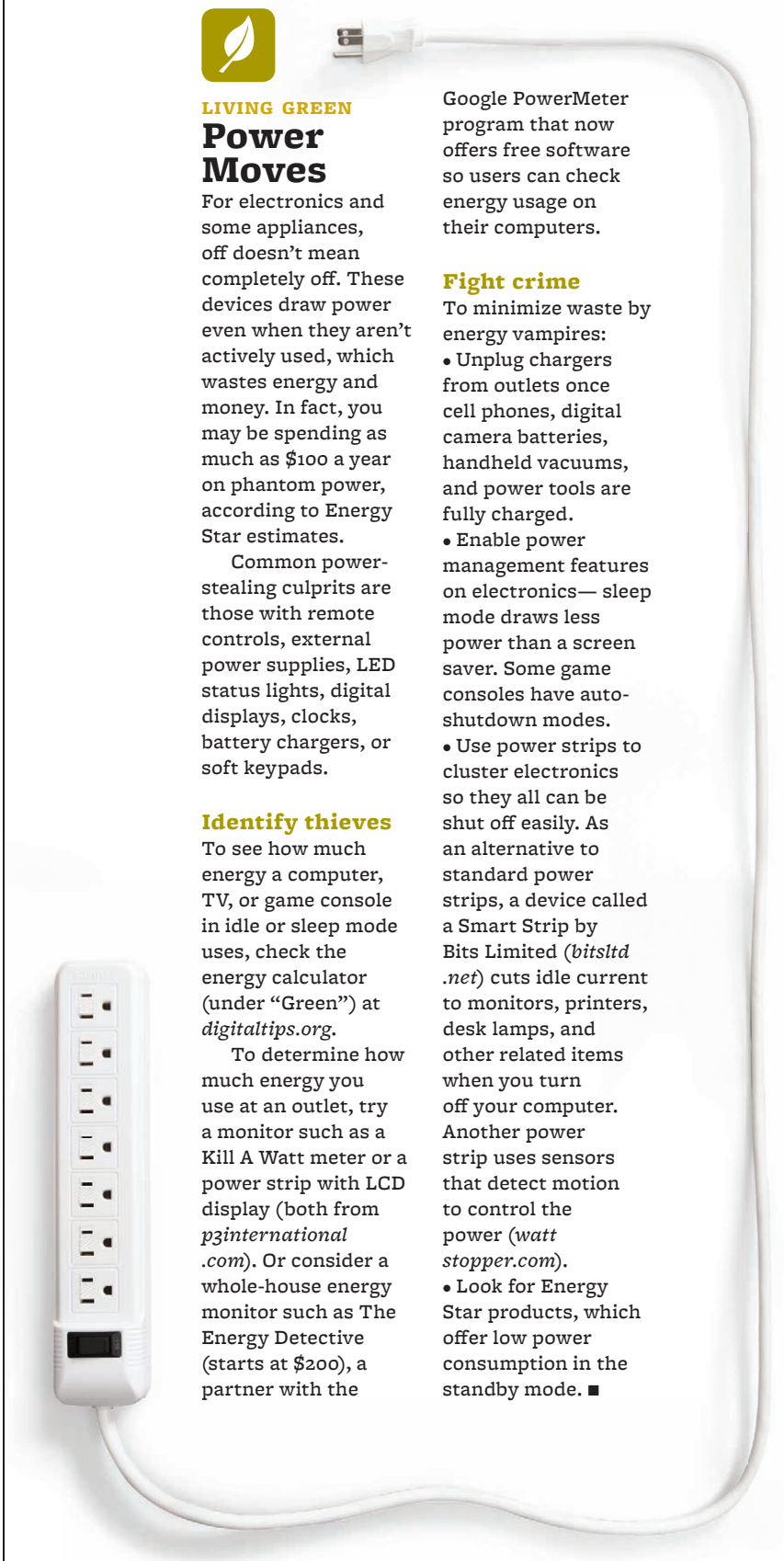
The Extreme Comfort bra

Cotton Stretch

FRUIT OF THE LOOM®

Questions? Email us at fruitbras@fruit.com
Available at Walmart and walmart.com

© 2010 Fruit of the Loom, Inc.



LIVING GREEN

Power Moves

For electronics and some appliances, off doesn't mean completely off. These devices draw power even when they aren't actively used, which wastes energy and money. In fact, you may be spending as much as $100 a year on phantom power, according to Energy Star estimates.

Common power-stealing culprits are those with remote controls, external power supplies, LED status lights, digital displays, clocks, battery chargers, or soft keypads.

Identify thieves

To see how much energy a computer, TV, or game console in idle or sleep mode uses, check the energy calculator (under "Green") at *digitaltips.org*.

To determine how much energy you use at an outlet, try a monitor such as a Kill A Watt meter or a power strip with LCD display (both from *p3international.com*). Or consider a whole-house energy monitor such as The Energy Detective (starts at $200), a partner with the Google PowerMeter program that now offers free software so users can check energy usage on their computers.

Fight crime

To minimize waste by energy vampires:

- Unplug chargers from outlets once cell phones, digital camera batteries, handheld vacuums, and power tools are fully charged.
- Enable power management features on electronics— sleep mode draws less power than a screen saver. Some game consoles have auto-shutdown modes.
- Use power strips to cluster electronics so they all can be shut off easily. As an alternative to standard power strips, a device called a Smart Strip by Bits Limited (*bitsltd.net*) cuts idle current to monitors, printers, desk lamps, and other related items when you turn off your computer. Another power strip uses sensors that detect motion to control the power (*watt stopper.com*).
- Look for Energy Star products, which offer low power consumption in the standby mode. ■

PHOTO: MARTY BALDWIN



Part of being the best is doing good.



Eggland's Best is proud to support Susan G. Komen for the Cure®, the world's largest breast cancer advocacy organization, in its promise to end breast cancer forever. In addition to providing financial support, Eggland's Best will display Susan G. Komen for the Cure's running ribbon logo (along with a pink version of our "EB" stamp) on all of our eggs during the autumn of 2010.

As always, when you purchase Eggland's Best eggs, you can feel good about giving your family the very best in taste and nutrition. But now you can also feel good about helping to find the cure for a disease that affects millions.

Eggland's Best. Now, more than ever, they're worth it.

Benefiting

SUSAN G. KOMEN FOR THE CURE®

In 2010, Eggland's Best will donate $50,000 to Susan G. Komen for the Cure® in support of their promise to end breast cancer forever.



EB QUALITY APPROVED EGG·LAND'S BEST®

Better taste. Better nutrition. Better eggs.

www.eggland.com

SPECIAL
IS PUTTING IT MILDLY



MILDLY SWEET,
MILDLY DARK AND
OVERLY DELICIOUS.

PURE HERSHEY'S®

©2010 The Hershey Company

garden

INSPIRATION TO GROW ON



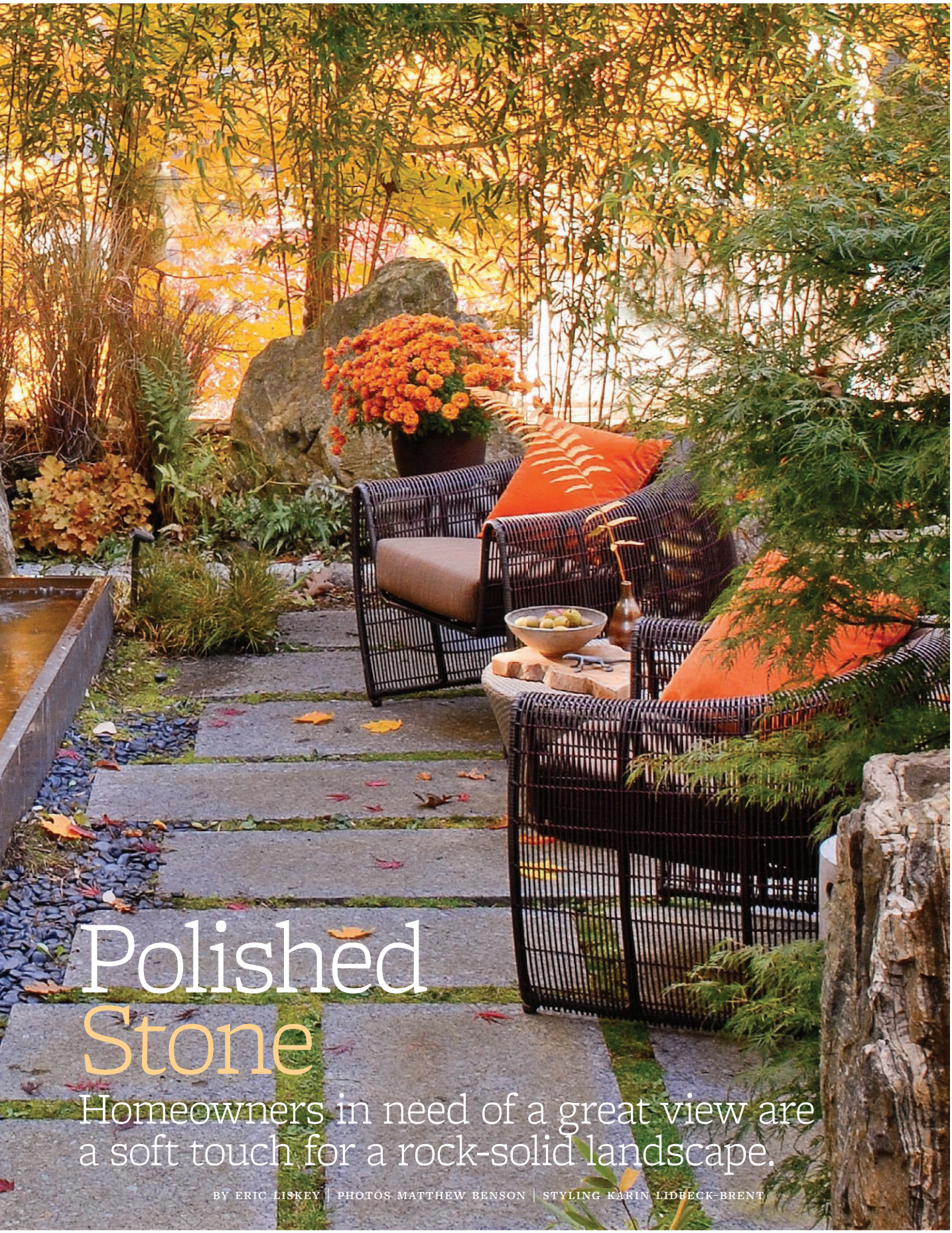
CHANGE OF SEASON

It's fall, and while pots may be empty, life is full—filled with crisp, colorful days to savor this year's bounty and sow seeds of garden dreams to come.

PHOTO DANA GALLAGHER
PROP STYLING PAMELA DUNCAN SILVER
FLORAL STYLING LINDSEY TAYLOR



Ferns, bamboo, and a Japanese maple soften hard edges of an old stone wall that Sue and Ray Kwasnick incorporated into their new landscape.



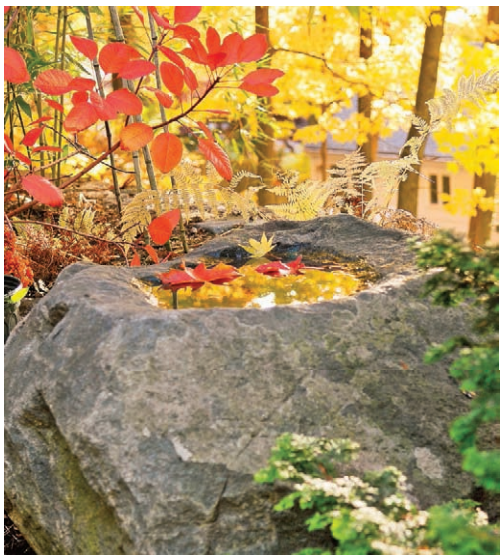
Polished Stone

Homeowners in need of a great view are a soft touch for a rock-solid landscape.

BY ERIC LISKEY | PHOTOS MATTHEW BENSON | STYLING KARIN LIDBECK-BRENT







An Asia-inspired water feature, *left*, provides soothing sounds for the backyard terrace. A naturally hollowed-out boulder, *above*, creates a birdbath and autumn reflecting pool.

A home renovation meant big changes for Sue and Ray Kwasnick, including big windows to offer big views of their Boston-area backyard. Which made for one big problem: The yard was a disaster. "There was nothing out there—just a lot of tree roots," Sue says of the tiny, sloped space. "We couldn't even put furniture out there. We knew we would need a garden of some kind."

The couple were open-minded about the design, but they didn't want a lot of maintenance. Landscape architect Wesley Wirth's low-care, high-impact solution? A terrace with hard surfaces rather than a plant-intensive garden. To make it work, he suggested a modern "hybrid" Asian style—one with the simplicity of Japanese gardens and plants to match, such as Japanese maple and bamboo, but without more traditional Asian icons. The clean lines, Wirth felt, would mesh well with the modern look of the Kwasnicks' house.

Large rectangular granite pavers form the terrace floor, setting the stage. Moss and black river rock fill gaps between the slabs, softening angles and giving character. In some places, the couple added rocks they'd collected on beaches during their summer vacations in Truro, Cape Cod, softening the hardscape with some sentimentality.

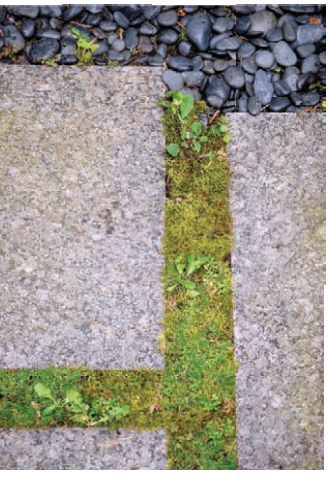


But the stars of this garden are 11 granite boulders, handpicked and placed by Sue so that each one grabs the eye in a unique way. An artist with an eye for composition, Sue realized the delicate balance required to properly fit so much rock into a tiny area. "It took two full days to position the rocks," Sue says. "You tweak, then you run around to see how they look from different perspectives. Then you tweak some more. If we had just lined them up, it would have been too much stone," she says.

The hardscaped terrace has become the couple's intimate, feel-good sanctuary. They sometimes entertain here, but mostly it's a cozy place for empty-nester relaxation. "It's a small space, but we're just two people living here now," she says. "We have two amazing chairs, and we sit out there and just enjoy the peace and quiet." ■

"I was a little worried when we picked the boulders. I thought, *Wow, this is a lot of rock in this space.* But, believe it or not, it feels pretty open."

Sue Kwasnick









***Above, from left*: Moss and polished river rock frame the rectangular granite pavers of the terrace; stairs are built from fieldstone; rocks plucked from beaches where the Kwasnicks vacation fill gaps between larger stones; *Hakonechloa* grass is an easy-care plant that adds Asian flavor to the landscape. *Opposite*: A lantern signals an entry to the Kwasnicks' terrace.**

For buying information see page 290.



Seize the Day

In the golden glow of fall, nature has set the table. All you have to do is join the party.

BY JANE AUSTIN McKEON | PHOTOS PETE KRUMHARDT
PRODUCER JENI WRIGHT



Nestled with gourds in a natural woven tray, a glass vase filled with downy milkweed seeds captures the essence of fall's fleeting finish.



There are 1,440 minutes in a day.
Take at least fifteen for yourself.

New Maxwell House International Café
Vanilla Caramel Latte.
The 60 calorie way to STOP YOUR WORLD.



Set a Serene Scene

It's not every day nature delivers a thousand golden leaves that carpet the ground in a wind-woven tapestry. Talk about drop-dead gorgeous. Raking can wait—this calls for revelry! Pull the good stuff out to the backyard. That's right—the table, the china, the tapers. Your garden provides the trimmings.



WHO SAYS A COLLEGE KID HAS TO BE A KID?



At Kaplan University, we believe any age is the right age to get a great education.

That's why we offer associate's, bachelor's, and master's degrees, as well as professional certificates in such rapidly growing fields as health care, business, and IT.*

Plus, you can customize your curriculum based upon your goals and interests, will be taught by experienced educators who are professionals in their fields, and will work with highly supportive advisors who are committed to your success.

It's time to rethink who goes to college and why. It's time for a different school of thought.℠

A different school of thought.℠

KAPLAN UNIVERSITY



See how life experience may earn you college credits.*

Find out more at **kaplan.edu/talent/bhg** or call **866.230.0763.**

© 2010 Kaplan. Kaplan University's programs are designed to prepare graduates to pursue employment in their field of study, or in related fields. However, the University does not guarantee that graduates will be placed in any particular job or employed at all. *Offer expires October 16, 2010. Responders must provide full name, valid mailing address, phone number, and email to take the online assessment. Offer nontransferable and subject to change with no advance notice.



Clean slate club
Let nature be the star: Keep table settings neutral with white plates and clear glassware. A ginkgo leaf is pressed into service as a garnish between white burlap and a glass dessert dish. And with these place mats, spills are yesterday's news.

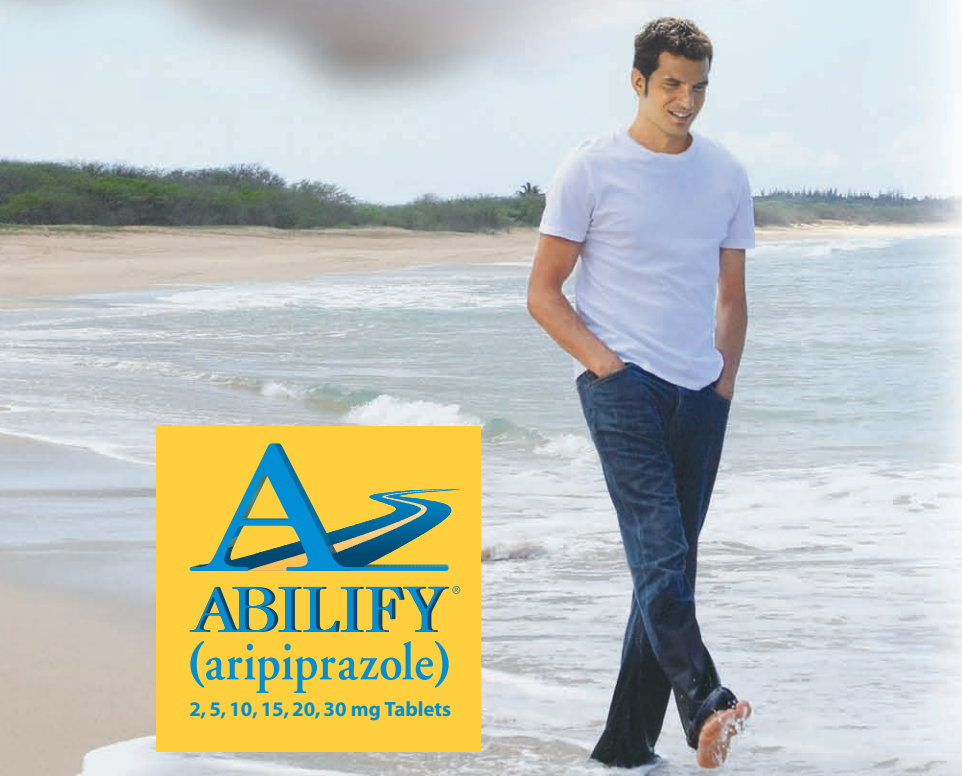
B I P O L A R D I S O R D E R ?

GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

FOR THE ROAD AHEAD

www.abilifyinfo.com

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome**
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of **tardive dyskinesia**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects (≥10%) from all clinical trials involving adults include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness.

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance

Individual results may vary. Actor portrayal.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc. ©2010 Otsuka America Pharmaceutical, Inc., Rockville, MD 570US09AB29413 May 2010 0310A-0537 Printed in USA

ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-ĭ-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical trials of ABILIFY used alone and 12% and 6% in a clinical trial of ABILIFY used with lithium or divalproex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at
www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570US08CBS01904 0309L-2755 D6-B0001D-11-09-BD November 2009



Magical beans
No fancy florals required. A berried branch snipped from a 'Golden Raindrops' crabapple tree sprouts from the dried white beans—made magic, perhaps, by sparkling sunlight.



Be enlightened
Free Design Guide
only from Budget Blinds®

See how Somfy® motorization makes your home more livable.

Get 25% OFF select Signature Series® window treatments
plus an additional $50 OFF each blind you automate with Somfy.®*

1-866-228-4755
BudgetDesignGuide.com

Budget Blinds®
a style for every point of view®

*Complimentary In-Home Consultation***

©2010 Budget Blinds, Inc. All rights reserved. Each franchise independently owned and operated. Budget Blinds and A Style for Every Point of View are registered trademarks of Budget Blinds, Inc. Budget Blinds is a Home Franchise Concepts brand.
*At participating franchises only. Offer valid at time of initial estimate only. Offer not valid with any other offers. Some restrictions may apply. Offer available for a limited time only.
**At participating franchises only.



Table manners
Why fuss over formal frills when you can find easy ways to tie down decorating details? Try this self-service idea: Bundle each flatware setting with ivory ribbon, then stand them in a glass bowl filled with uncooked white rice.



Ghostly gourds
Gobs of these unique white orbs are available at farmer's markets now. A 'White Crown of Thorns' gourd, displayed in a glass bowl with white beans, golden ginkgo leaves, and two mini pumpkins, caps off a luminous centerpiece. ■



For buying information see page 290.



Full Circle

Easy-growing succulents star year-round. Planted into a wreath, the thick, water-hoarding leaves thrive with little care both indoors and out.

BY JANE AUSTIN McKEON | PHOTOS PETE KRUMHARDT





San Diego landscape designer Trish Kydd, *above*, starts with a sphagnum moss wreath form and attaches each rooted succulent cutting with a floral pin, *below*. If you live in a cold-winter area, bring the succulent wreath indoors before the first fall frost. Place it in a bright, south-facing window. Water often to keep moss from drying out.



Go Online
For step-by-step instructions on how to plant and care for a succulent wreath, go to BHG.com/succulentwreath.

For buying information see page 290.

Rub to experience Air Wick®

Winter LUXURY™



© 2010 Reckitt Benckiser Inc.

Wrap your home in Winter Luxury.™

Experience our new Air Wick® Scented Oils, bursting with indulgent, seasonally inspired essential oils that wrap the whole room in luxurious scent. Also available in new Scent Ribbons™ candles.

AIR WICK®

ADVERTISEMENT

Better Homes and Gardens™
Limited Edition
HARVEST 2010



Create a warm harvest homecoming

ADVERTISEMENT



Better Homes and Gardens style

ADVERTISEMENT



ADVERTISEMENT



at unbeatable prices.

Available at
Walmart
Save money. Live better.

Joy of Autumn

Sedum, a favorite late-season garden perennial, is happy in containers, too.

BY ERIC LISKEY | PHOTOS PETE KRUMHARDT





Go shopping!
Fall is the time for *Sedum*. These cheery autumn bloomers peak just as garden centers offer fall-clearance specials. So shop now—you can first use the sedum to refresh fall pots. Then, after the containers are past their prime, plant these perennials in the ground and enjoy them for years to come. Besides those pictured here, dependable late-season varieties include 'Autumn Fire' (Zones 3–10), an improvement of the old 'Autumn Joy' with stronger bloom; and purple 'Vera Jameson' (Zones 3–9).

A mid- to late-summer bloomer, *Sedum telephium* 'Matrona' (Zones 3–8), *top*, brings calm to plantings with its purplish foliage.

The soft, jewel-tone blooms of *Sedum* 'Ruby Glow' (Zones 5–9), *left*, mix serenely with pansies and ivy in this fall container.

For buying information see page 290.

Bonus Offer
$50 Savings Card



"We have had the Sleep Number bed for a few years now and can say it is the very best investment we have ever made. Back pain was a fact of life for me for years. After sleeping on the Sleep Number bed, I have improved significantly. It is amazing to go to bed in pain and wake up refreshed and pain free."

Janet D., Mt. Vernon, WA

Sleep Better On Air®

Are You Frustrated by the Quality of Your Sleep?

Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress may not be supporting you properly, robbing you of the sleep you need. SUFFER NO MORE!



FIRMNESS ADJUSTS ON EACH SIDE

You Customize the Firmness

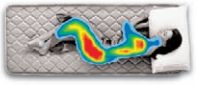
The Sleep Number Bed by Select Comfort™ is unlike any other. It's the bed you adjust to your exact comfort and firmness preference, your SLEEP NUMBER® setting. Our easy-to-use handheld remote and advanced air-chamber technology allow you to quickly adjust the firmness from extra firm to feather soft at the touch of a button.

Each Side of the Bed Adjusts Independently

Best of all, each side of the SLEEP NUMBER® bed adjusts independently, making it the perfect bed for couples.

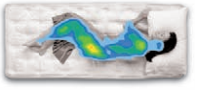
The Sleep Number® Bed Makes Innersprings Obsolete

A traditional innerspring mattress offers only hard metal coils for support. By contrast, the *Sleep Number* bed's revolutionary design features air-chamber technology that adjusts to your ideal level of firmness and support.



An innerspring mattress creates uncomfortable pressure points that can disrupt sleep.





A Sleep Number® bed adjusts to your body, relieving pressure points.

TRY IT FOR 30 NIGHTS, RISK FREE!†

We're so sure you'll sleep better, you can take up to one month to decide, or your money back!† You've got to sleep on it to believe it.

Receive a Special Thank You Gift!

For a limited time, inquire about our revolutionary bed and we'll send you a special **$50 Savings Card** to use toward the purchase of any *Sleep Number* bed or accessory items of $100 or more.‡

Get Relief from Back Pain

93%	Experienced back-pain relief
89%	Reported improved sleep quality
77%	Discovered increased energy

It's the bed clinically proven to relieve back pain and improve sleep quality. Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.*

*Descriptions of clinical studies conducted on the *Sleep Number* bed are available at 1-800-831-1211.
†If not satisfied after 30 nights, call within 45 days of delivery to arrange return. We'll reimburse the purchase price less your initial shipping or Home Delivery and Setup fees. You pay return shipping. No returns or exchanges on adjustable bases, closeout or demo bed models.
‡Restrictions apply. See card for details and expiration date.
©2009 Select Comfort

Call Now! 1-800-831-1211 ext 39280
sleepnumber50.com



❑ **YES!** Please send me a FREE Brochure, DVD and Pricing.

❑ **Limited-Time Bonus!**
$50 Thank You Savings Card!‡

Name_____
(Please print)
Address_____
City_____ State_____ Zip_____
Daytime Phone_____ Ext. 39280
Email_____

Mail to: *Select Comfort, 9800 59th Avenue N., Minneapolis, MN 55442*

sleep number by SELECT COMFORT

‡Restrictions apply. See card for details and expiration date.

No Stone Unturned

An eco-friendly home and garden literally evolved from the ground up, starting with stone excavated on-site.

BY KAREN WEIR-JIMERSON | PHOTOS ED GOHLICH
STYLING ANDREA CAUGHEY



Brian Andreas and Ellen Rockne sit amid wispy grasses and bison-size boulders. Their garden is a little bit of wilderness within city limits.



You see the cutest pet on the planet. Your veterinarian sees so much more.

Veterinarians are more than just animal lovers. They also have about eight years of medical training, and care about your pet's health just as much as you do. And according to them, what's the best treat you can give your fur-baby? Preventive health care, including two wellness visits a year.

So make an appointment today to plan a personalized health plan for your pet.

A reminder from the makers of

advantage® Topical Solution

Bayer HealthCare Animal Health

©2010 Bayer HealthCare LLC, Animal Health Division, Shawnee Mission, Kansas 66201
Bayer, the Bayer Cross and Advantage are registered trademarks of Bayer.

X10319n

Earthbound

Ellen Rockne and Brian Andreas' prefab Santa Barbara home is designed to leave a light footprint. The structure, with its hardwood and rusted-steel exterior, is as natural-looking as it is eco-friendly. The couple wanted their landscape to follow suit, and not only because green living is important to them. A low-impact landscape, rich in earth tones from stone and drought-adapted plants, would visually bring their garden and home together, as well.





Rusted Cor-Ten steel makes a handsome foil for the green foliage of a wisteria vine, *above*.

Wide stone steppers seem to echo the hardwood steps leading to the entry, *left*, creating visual as well as physical house-to-garden continuity.



Cats everywhere are having a hard time smelling their litter boxes.

freshstep.com

©2010 The Clorox Pet Products Company

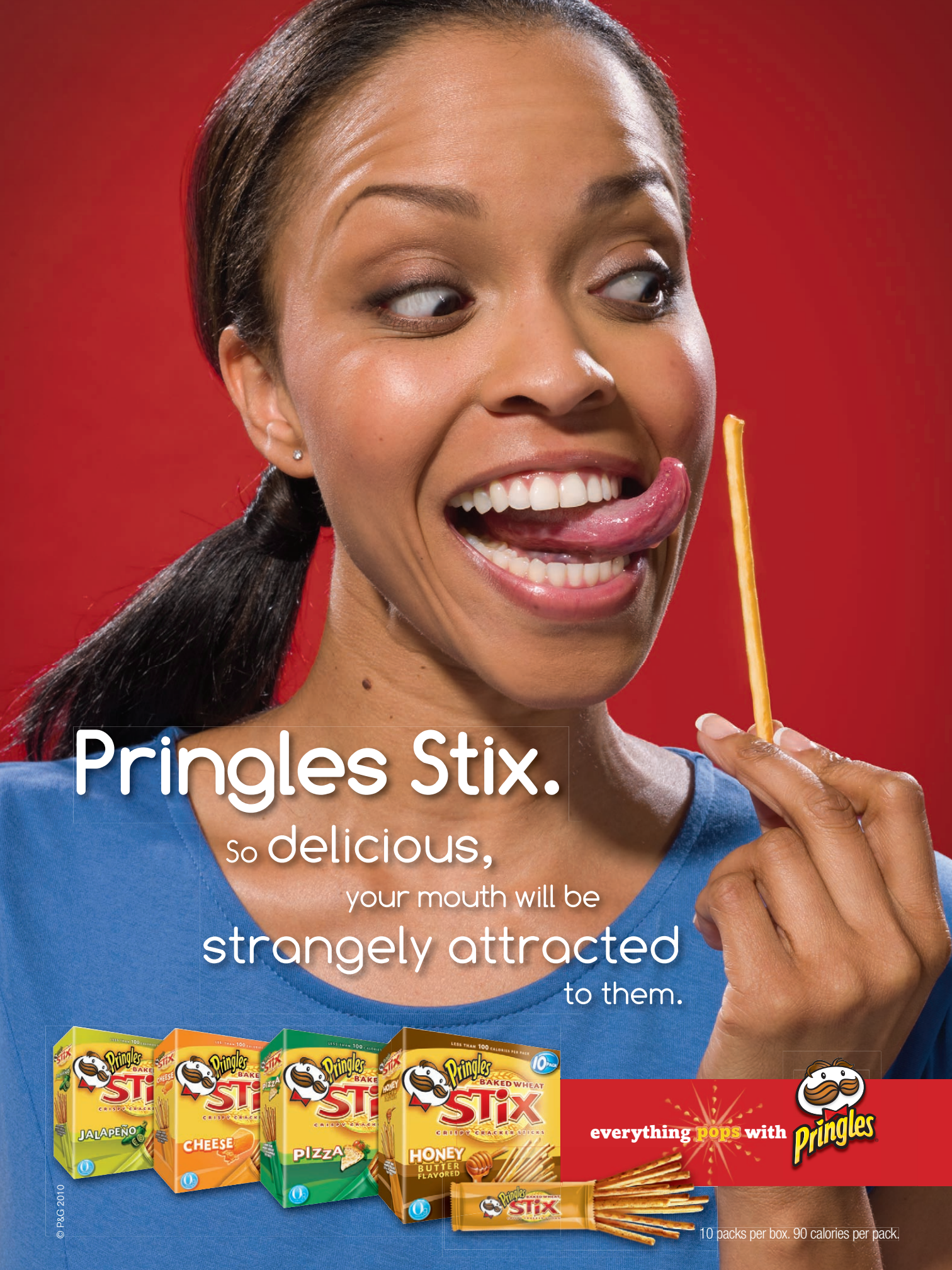
Stony Exterior

After the house was finished, 200 tons of sandstone chunks were left behind. Brian and Ellen chose to use it in the garden rather than expend resources hauling it off. Landscape architect Margie Grace moved the rocks around until the flat city lot yielded defined living areas including a hot tub and an amphitheater with fire pit.



Stair-stepped boulders create sturdy seating and wide walkways around the inviting cedar hot tub, *left*.

The amphitheater, *below*, is ringed with boulders to provide seating; plump pillows bring a soft touch. A fire pit provides a glowing centerpiece for nighttime gatherings.


Pringles Stix.
So delicious,
your mouth will be
strangely attracted
to them.
JALAPEÑO
CHEESE
PIZZA
HONEY BUTTER FLAVORED
BAKED WHEAT
STIX
CRISPY CRACKER STICKS
everything pops with Pringles
10 packs per box. 90 calories per pack.
© P&G 2010



California Greenin'

Santa Barbara gets only 15 inches of rain a year, so it made good green sense to add unfussy grasses and drought-tolerant natives. Because the couple wanted to minimize time spent on gardening and maximize other activities, they installed a drip-irrigation system that automatically waters plants as needed. Pinpoint watering also eliminates many weeds. ■

Wavy Mexican feather-grass, *above*, reminds Ellen and Brian of their native Iowa.

Sandstone slabs interspersed with gravel, *right*, form a more permeable—and stylish—pathway than concrete pavement.



For buying information see page 290.



Shed wrinkles and sun damage.

New StriVectin-SD Collection.

After 30 global patents, 25 years of scientific study including DNA skin cancer prevention, and numerous clinical trials, comes a re-engineered formula that includes greater peptide power and patented NIA-114.™ For you this means a super-charged way to aggressively fight deep wrinkles and stretch marks, enhance firmness and protect skin quality. Clinically proven for week-by-week results. No empty promises or hype. **More science. Less wrinkles.**

Order now at strivectin.com or call 1-800-318-5561.



StriVectin-SD®

8% NIA-114 + Peptide Actives™

We love our animals. No animal testing allowed.

Available at Sephora, Bloomingdale's, Carson Pirie Scott, Ulta, Lord & Taylor, Dillard's and Nordstrom.

Think Ahead

Plant daffodil bulbs now to enjoy a delightful opening act in your garden next year.

BY ERIC LISKEY

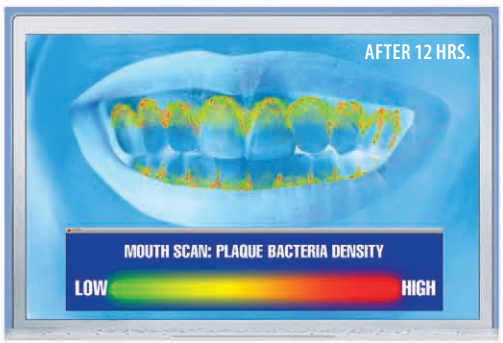


'Fortissimo', *left*, and 'Sound' daffodils shimmer in the spring sunshine.

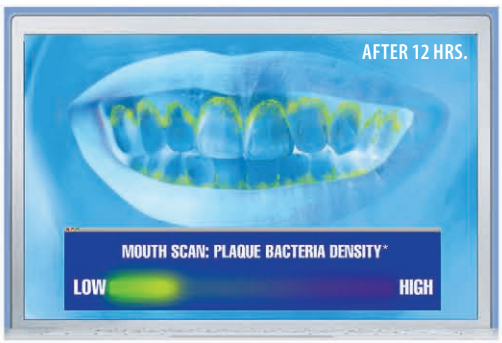
PHOTO: PETE KRUMHARDT

Think your toothpaste is working? Let's take a look.

ORDINARY TOOTHPASTE



Colgate Total



Colgate Total® fights germs for 12 hours.



#1 Recommended most by dentists and hygienists.

*Dramatization illustrating reduction of plaque bacteria 12 hours after brushing with Colgate Total® vs. ordinary fluoride toothpaste.

©2010 Colgate-Palmolive Co.

Daffodils

One of spring's most popular icons, these classic beauties comprise hundreds of members of the genus *Narcissus*. They are simple to grow, needing little more than full sun, moist soil (but not wet), and occasional feeding with a standard garden fertilizer.

Daffodils are hardy to Zone 3 or 4, depending on variety, making them suitable for nearly all of the U.S. and much of Canada. In Zones 8 and higher, certain types won't flower for lack of winter chilling, but Southern gardeners needn't fret—just buy those labeled as suitable for Southern gardens.

Daffodils that multiply each year, or "naturalize," are popular because they eventually form masses of color. Many varieties do so, but not all, so confirm before purchasing. Popular naturalizers include 'Carlton', 'Tete-a-Tete', 'Mount Hood', and 'Dutch Master', a newer version of the famous yellow 'King Alfred'.

If large, old clumps cease blooming, they need to be divided. Dig them up after they die back in summer, split them into individual bulbs, and replant. Or, give them away—it's a great way to share some spring joy with fellow gardeners.

NARCISSUS varieties | Perennial bulbs
ZONES: 3–10 | **WATER:** Keep moist
HEIGHT: 6–20″ | **SUN:** Full



September and October are ideal months to plant; November is OK if soil is still workable. Plant bulbs, roots down, 6–9 inches deep. Add bulb food to the hole according to directions.



Deer and rabbits, which love most bulbs, find daffodils distasteful and rarely eat them. If you're plagued with these pests, plant as many daffodils as you like—and sleep soundly.



Wait until daffodil foliage begins to turn yellow and wither before cutting it off. This will help the plant bloom more vigorously next year.

PHOTOS: (FLOWERS) PETE KRUMHARDT; (RABBIT) ADAM ALBRIGHT; (OTHERS) BLAINE MOATS

Yes...These Are Slipcovers


Stretch Leather Recliner in Brown


Stretch Suede Separate Seat in Oatmeal

sure fit™
slipcovers + home solutions


Verona One Piece Tailored Wrap Fit in Sage


Stretch Piqué Wing Recliner in Garnet

slipcovers • drapes • pillows • pet covers • auto seat covers • furniture • lamps • rugs

20% off Your First Order
Use promo code **BHG4**.
Expires 01/31/11.

Shop **surefit.com**

or call **1-800-517-7498** to order your **FREE** catalog
Swatches Available: mention code: P265



Designing with Daffs

The classic yellow daffodil is always a pleaser, but the many other colors and forms—a few of which are shown, *left*—add more pizzazz to gardens.

1 **Mix and match** Daffodils are grouped as "early," "mid," and "late" (bloom time). For co-blooming combos, select varieties in the same category. To enjoy blooms through the entire season, plant types from all three categories.

2 **Look natural** Avoid artificial-looking rows and other obvious patterns. Instead, tuck daffodils more randomly among your garden plants.

3 **Make a splash** Bulbs planted singly look lonely. For greatest impact, plant in groups of 5 or more. ■

Go Online

Learn about these and dozens more daffodils in our online plant encyclopedia at BHG.com/daffodil. To order a naturalizing daffodil collection, go to BHG.com/gardenstore5.

PHOTO: PETE KRUMHARDT

For buying information see page 290.



Your child could be

oneless

person affected by HPV disease.



Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com **1-800-GARDASIL**

Talk to your child's doctor today.

Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

All rights reserved. 21002221(14)(613)-GRD-CON

USPPI
Patient Information about GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):
- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
 - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
 - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
 - GARDASIL does not treat HPV infection.
 - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?
- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:
- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:
- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:
- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?
GARDASIL can be given at the same time as RECOMBIVAX HB®[1] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:
- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:
- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:
- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued June 2010

Manufactured and Distributed by:

MERCK & CO., Inc.
Whitehouse Station, NJ 08889, USA
21002221(14)(613)-GRD-CON

[1]Registered trademark of MERCK & CO., Inc.
Whitehouse Station, NJ 08889, USA
COPYRIGHT © 2006, 2009 MERCK & CO., Inc.
All rights reserved

Dig In

Feel a chill in the air? Crisp October weather provides ideal planting conditions for hardy bulbs, including daffodil, tulip, hyacinth, crocus, grape hyacinth, glory-of-the-snow, snowdrop, and *Scilla*. Planted this month, these spring bloomers have time to root in the cool soil before the ground freezes. Here's how to plant for your best bulb show yet.

1 PICK THE RIGHT SPOT
Most bulbs do best in full sun (6 hours or more of direct sun each day) and well-drained soil. Loose garden soil is ideal.

2 PREPARE THE SOIL
Bulbs will grow in any well-drained area, but they perform best in soil that's rich in organic matter. For long-term success, mix compost into soil before planting.

3 KEEP IT NATURAL
Cluster bulbs in large, informal drifts of a dozen or more instead of planting individually, hither and yon. Avoid straight rows.

4 TUCK THEM IN
Place a bulb root-side down (growing tip up) and cover with soil. Firm the soil to eliminate air pockets; water deeply. Cover the planted area with 2–3 inches of mulch, such as shredded wood.

Tool rule
Go with a trowel, *right,* or bulb planter if you're putting in just a few bulbs. For larger quantities, turn a power drill into a planter with a bulb auger bit. *Duraworx trowel available at select Lowe's stores.*

Q&A

What's the latest color trend in spring-flowering bulbs?
Shades of purple and blue found in many varieties of tulip, hyacinth, crocus, allium, *Muscari,* Spanish bluebell, and glory-of-the-snow.
INTERNATIONAL FLOWER BULB CENTRE

Trowel tricks
Insert bulbs into gaps left by frostbitten annuals. Double up blooms by layering small bulbs (crocus, *Muscari*) over big bulbs (daffodil, tulip).



Digging depth
Plant a bulb at a depth of two to three times its height. For example, plant a 3-inch-tall daffodil bulb, *left,* 6–9 inches deep.

PHOTO: BLAINE MOATS

3 Fall-Fruiting Shrubs to Brighten Your Landscape

Think beyond fiery foliage for autumn color. Berries on these shrubs ripen to vibrant hues. Birds like them, too.



VIBURNUM
American cranberry bush (*Viburnum trilobum*), *above*, has maplelike leaves that turn yellow and red in fall. Berries are scarlet red.
ZONES 2–7



BEAUTYBERRY
Bunches of violet berries line the branches of beautyberry (*Callicarpa dichotoma*), *above*. Cuttings last a long time in a vase.
ZONES 6–8



WINTERBERRY
This native holly (*Ilex verticillata*), *above*, needs a pollinator to produce berries. Make sure you plant both a male and female. **ZONES 3–9**

TEST GARDEN TIP

Rake No More

Chopping leaves with a mulching mower and leaving them on the lawn is a cheap and efficient alternative to fall leaf disposal. Shredded leaves are healthful for turf because the microbial activity in decomposition improves the soil. The mulching method works best when the uncut lawn is just lightly covered—grass should be visible through the leaves.

PHOTOS: (VIBURNUM) ERIC ROTH; (BEAUTYBERRY) MARTY BALDWIN; (WINTERBERRY) KRITSADA



YARD GOODS

Pot Scrubber

A watched pot never cleans itself. And a dirty planter can spread disease from one growing season to the next. This conical brush, *right,* with natural bassine bristles and a pine handle, makes quick work of removing garden gunk from containers.
Available in two sizes: small, $28; large, $30.
fromfarmtomarket.com



WISDOM

"Autumn is all about letting go. Leaves flutter to the ground. Flowers launch seeds into the wind. Pumpkins loosen ties with mellowed vines. It's time for gardeners to let go, too. Frost reminds us that we're not in charge, after all. How do we let go? Laugh at our failures—but don't repeat them. Be amused by perennials intent on taking over the world—then mark them for dividing next spring. You get the idea. Observe. Learn. Let go."

Jane McKeon
Senior Associate Editor

Reedless.
Stylish.
Spill Proof.



Introducing worry-free freshness with the new Febreze® Home Collection No-Spill Diffuser.

Lasts up to 60 days.

with WoodWick® ambiance

febreze® home COLLECTION

This Month in the Garden

There are plenty of tasks—beyond the annual ritual of leaf raking—to keep you busy in the backyard.

BRING HOUSEPLANTS INDOORS

Don't dillydally relocating tender plants to warm environs. Most tropicals balk at nighttime temperatures below 40°F–50°F. Before moving them, snip off yellowed leaves and spent flowers. Check for pests and, if needed, apply an organic control. Repot overgrown plants into larger containers.

CARE FOR FIRST-YEAR PLANTS

To survive, young trees and shrubs need to go into winter well-hydrated. Keep up a weekly routine of deep watering (5 gallons for a 3- to 4-foot-tall tree) until the ground freezes. Conserve soil moisture by mulching around the base of plants with 3–4 inches of shredded wood or leaves.

GIVE YOUR LAWN SOME LOVE

In the North, grass grows actively in cool, wet fall weather. To keep grass from matting down under leaves, lower the deck of your mower to a cutting height of 2 inches, and mow often to stay ahead of leaf litter. Feeding a lawn one last time in late October will help grass green up faster in spring.

FEND OFF FROST

First frost often is followed by summerlike days. Extend your vegetable and flower harvest by protecting tender plants with lightweight woven polyester garden fabric. It blocks light frost but lets in sun and rain. Secure corners of the fabric with stakes or rocks. On warm days, roll back the fabric.

STORE TENDER BULBS

Dig up clumps of dahlias, cannas, caladiums, and callas after frost browns the leaves. Cut off foliage and shake off soil from roots; place in a cool place to dry for a week. Move bulbs to a cardboard box and cover them with dry peat moss or vermiculite. Store in a cool, frost-free area, such as a basement.

GET A JUMP START ON SPRING

Enjoy double rewards by spreading a few inches of compost around perennials. Compost acts as an insulating blanket, preventing damage to plants caused by alternate freezing and thawing. And when warm weather returns in spring, the nutrient-rich cover will break down and feed the soil.



WHAT'S HAPPENING NOW

Chicago

The Chicago Botanic Garden (chicagobotanic.org) has combined two of its popular fall events—the Bulb Bazaar, sponsored by the Woman's Board of the Chicago Horticultural Society, and Harvest Festival—into the Fall Bulb Festival, October 1–3. To post your local garden events, go to BHG.com/gardenevents.



DEBRA'S GARDEN

Make Your Yard Glow

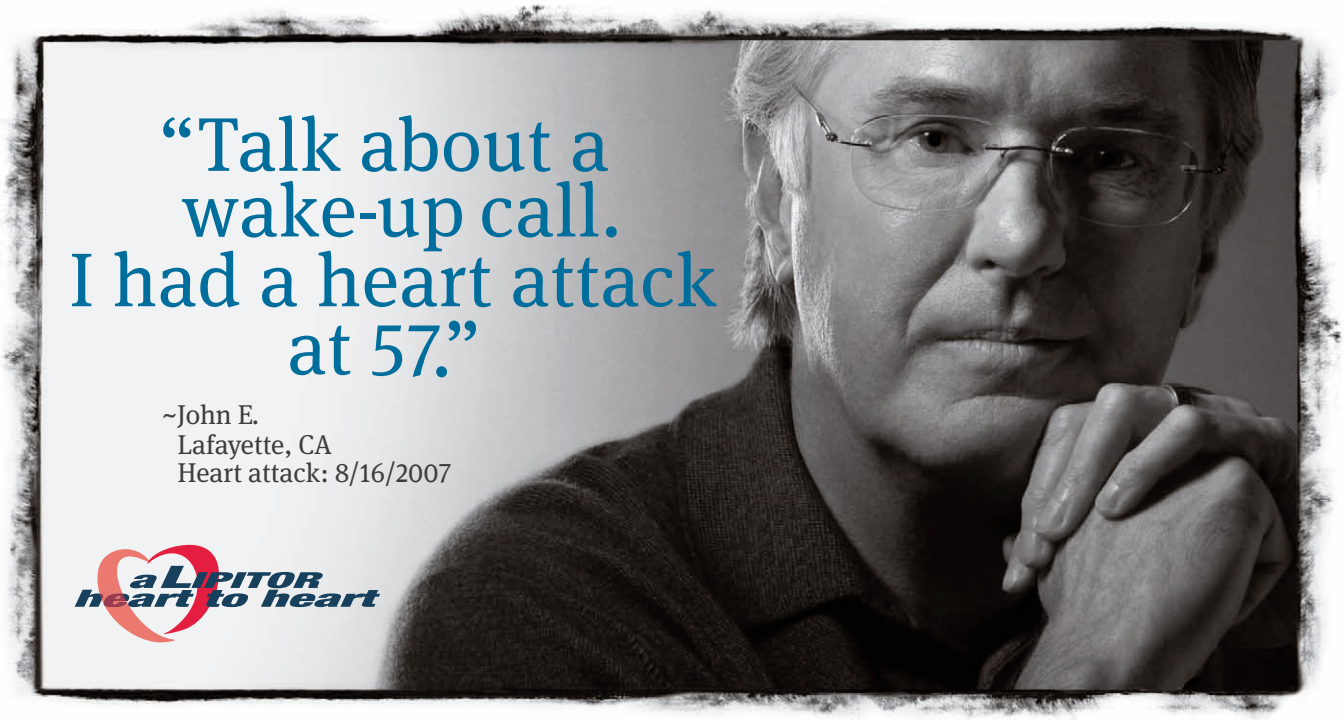
As autumn days shorten, prolong your outdoor pleasures by shedding some light on the scene. Focus on mood, not task lighting. A solitary candle, *left,* casts just enough glow for lingering-into-the-evening conversations. Strings of lights suspended from an arbor or tree branches create a twinkling canopy.



"I love to illuminate outdoor areas—patio, deck, walkways—in autumn so I can enjoy being in the garden after sunset."

Debra Prinzing
Contributing Editor

PHOTOS: (DEBRA PRINZING) WILLIAM WRIGHT; (CANDLE) KRITSADA



"I should have been doing more for my high cholesterol. I learned the hard way. Now I trust my heart to Lipitor." Talk to your doctor about your risk and about Lipitor.

- When diet and exercise are not enough, adding Lipitor may help. Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients who have heart disease or risk factors for heart disease, including family history of early heart disease, high blood pressure, low good cholesterol, age and smoking.
- Lipitor has been extensively studied with over 18 years of research. And Lipitor is backed by over 400 ongoing or completed clinical studies.

IMPORTANT SAFETY INFORMATION:
LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain, and changes in some blood tests.

INDICATION:
LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL ("bad" cholesterol) and triglycerides in your blood. It can raise your HDL ("good" cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

Please see additional important information on next page.

LIPITOR®
atorvastatin calcium
tablets

Have a heart to heart with your doctor about your risk. And about Lipitor.
Call 1-888-LIPITOR (1-888-547-4867) or visit www.lipitor.com/john

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

© 2010 Pfizer Inc. All rights reserved. LPP03587LA

IMPORTANT FACTS

LIPITOR® atorvastatin calcium tablets (LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at www.americanheart.org.

WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems**. Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Call your doctor right away if you have:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Brown or dark-colored urine
- Feeling more tired than usual
- Your skin and the whites of your eyes turn yellow
- Allergic skin reactions

Common side effects of LIPITOR are:

- Diarrhea
- Upset stomach
- Muscle and joint pain
- Changes in some blood tests

HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to **www.lipitor.com** or call **1-888-LIPITOR**.

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

Pfizer helpful answers®

Manufactured by Pfizer Ireland Pharmaceuticals, Dublin, Ireland
© 2009 Pfizer Ireland Pharmaceuticals All rights reserved.
Printed in the USA.

Distributed by Parke-Davis, Division of Pfizer Inc.
New York, NY 10017 USA
June 2009

Rx only

2 Little Bulbs to Naturalize

Plug these gems into your lawn now. They'll usher in spring with a carpet of blooms before the grass grows.



SNOWDROPS
Living up to their wintry name, these wee white wonders form drifts of nodding 5-inch-tall blooms. They sometimes peek through the melting snow. Plant bulbs 4 inches deep. **ZONES 5–9**



CROCUS
This brave bulb pokes through barely thawed soil as soon as late-winter sun lingers on the lawn. The 2- to 6-inch-tall blooms come in white, yellow, blue, lavender, and many bicolors and tricolors. Plant bulbs 4 inches deep. **ZONES 3–8**

PHOTOS: DAVID SPEER

Set Sensible End-of-Season Goals

Feeling stretched by a busy fall schedule? Don't sweat it if you coast on a few chores till spring—gardens often reward the procrastinator. For example, ornamental grass stalks left standing provide winter landscape interest. And bygone blooms with protein-packed seed heads—such as sunflower, aster, *Echinacea, Rudbeckia,* and *Solidago*—bring in the birds. Your top priority should be removing all diseased plants and weeds—toss these out with the trash, not in your compost pile, to avoid inviting the same troubles next year.

Go Online
For more, go to BHG.com/fallgardentips



100%



COMMITTED TO THE CAUSE



Ford is committed to making a difference in the fight against breast cancer. The company has dedicated more than $105 million to the cause over the past 16 years.

Ford created Warriors in Pink® wear and gear to help raise funds. This year's new items include customizable tees. As always, **100% of the net proceeds goes to Susan G. Komen for the Cure.®** You, too, can make a difference.

Buy all things Warrior at fordcares.com.

WARRIORS IN PINK®
POWERED BY FORD

LIVING PROOF

All those dresses, heels, and jewelry deemed "too nice" for everyday? *Wear them*. Sequins and rhinestones shouldn't be reserved for special occasions—just ask breast cancer survivor Jennifer Johnson. October is Breast Cancer Awareness month, but for her every month is a sparkly reminder of the joy of living.



A jacket this spectacular simply can't just sit in your closet waiting for a big occasion—instead, mix it with anything from simple dresses to jeans (yes, jeans!). Owens sequin jacket, BB Dakota, $90; lulus.com. Pink silk dress, Donna Morgan, $158; at Nordstrom stores. Watch, AK Anne Klein, $95; anneklein.com. Tight-end tights, Spanx, $26; spanx.com

BY KELLY L. PHILLIPS
PHOTOS PERRY HAGOPIAN
STYLING JOHNNY LICHTENSTEIN
SET DESIGN AND PROP STYLING MARCUS HAY

HOT PINK VERSA RUG, MADELINE WEINRIB ATELIER, AT ABC CARPET & HOME, 212/473-3000; MADELINEWEINRIB.COM. ASTER PILLOW, ORCHID PILLOW, JOHN ROBESHAW; JOHNROBSHAW.COM. ANTIQUE WHITE FRENCH-STYLE SOFA, BRIDGE PROPS; 718/916-9706, BRIDGEPROPS.COM



"There is life after breast cancer. I love witnessing a woman's transformation from a victim to a survivor, and then seeing her turn to help someone else."

Meet Jennifer Johnson, 38, a breast cancer survivor and the executive director of Young Survival Coalition (YSC) of Kansas City, Missouri.

Her initial diagnosis "I faced breast cancer at 27, when I was five months pregnant. I was just getting my career and family going, and then my entire life changed. It felt like I was putting on boxing gloves to fight it—facing my mortality, facing life—and I wanted life. I no longer fear getting older because it's one more year I'm here."

Her current diagnosis "My oncologist released me from his care when I hit the 10-year cancer-free mark. It's a little frightening to be on my own—but also liberating. And I feel blessed to be healthy especially for my kids, Parker, 10, and Emma, 7, as well as for my husband of 15 years, Matt."

Her job "Survivors each have their own unique story, and to see them boldly facing their cancer is personally inspiring. It's a great gift to be able to help them, but the hardest part is knowing that some of them will pass away from this disease."

Her style "I do love being a girly-girl—there's something about wearing heels or a dress that makes me feel just a little fancier. But bottom line, I want my clothing to reflect strength and confidence."

Strategic touches of glittery gold instantly warm a palette of cool grays. Military cardigan, Simply Vera Vera Wang, $58; kohls.com. Sequin tank, Loft, $60; loftonline.com. Chain and rhinestone necklace, R.J. Graziano, $195; 212/685-1248 to order. Quinn jean, Riders by Lee, $20; ridersbylee.com. Riu sandals, daniblack, $125; at Neiman Marcus Cusp, cusp.com

ANTIQUE WHITE FRENCH-STYLE CLUB CHAIR, BRIDGE PROPS; 718/916-9706, BRIDGEPROPS.COM.

AVON WALK FOR BREAST CANCER

IN IT TO END IT

CHANGE STARTS WITH YOUR FIRST STEP



Team Teachers for Ta-Tas
IN IT for the women in our families
Visit avonwalk.org/teachers to read their story

REGISTER TO WALK TODAY.

Join us for the Avon Walk for Breast Cancer and together we'll show the world what millions of determined hearts can do. For 2 days and 39 miles we'll walk side by side, connected by our shared conviction to end this deadly disease and improve the lives of thousands worldwide. The money we raise will help medically under-insured women and men get the screening, support and treatment they need. And leading research teams can take powerful steps forward in their quest for a cure. All because of you. Are you in it to end it?

Register, volunteer or donate today.

AVONWALK.ORG/BHG
1.866.253.WALK

2011: 9 CITIES. 1 GOAL.

HOUSTON, APRIL 16–17
WASHINGTON, DC, APRIL 30–MAY 1
BOSTON, MAY 14–15
CHICAGO, JUN 4–5
ROCKY MOUNTAINS, JUN 25–26
SAN FRANCISCO, JUL 9–10
SANTA BARBARA, SEP 17–18
NEW YORK, OCT 15–16
CHARLOTTE, OCT 22–23

REMEMBER, EARLY DETECTION HELPS SAVE LIVES.

Discuss breast cancer screening with your doctor. Make informed decisions about what age to start mammography. Get to know your risk and risk reduction strategies.

AVON WALK for BREAST CANCER

Avon Foundation for Women
A 501(c)(3) public charity.

national sponsor Reebok

"I was never into pink, but it's the color of this cause—and if it's something to rally around or unite behind, then I'm all for pink."



Frock Star

Getting dressed couldn't be easier with this cami-and-skirt combo dress—just zip and go! 2-in-1 lace trim dress, The Limited, $90; thelimited.com. Anne Marie boucle bag, Club Monaco, $229; clubmonaco.com.



Sparkle and Shine

Even a careerwear staple like a pencil skirt looks decidedly fancier with a sparkly, studded tank. Angora cardigan, Victoria's Secret, $58; victoriassecret.com. Glitz stud cami, J. Crew, $168; jcrew.com. Silver twist necklace, R.J. Graziano, $195; 212/685-1248 to order. Tweed pencil skirt, Ann Taylor, $98; anntaylor.com. Leather saddle bag, Bcbgmaxaria, $198; at Bcbgmaxaria stores.



Glam Slam

A top coated with a bib of sequins? It sounds fancy-schmancy, but the dark color of the glittery stuff keeps the effect toned down enough for day. Paneled sequin top, Simply Vera Vera Wang, $48; kohls.com. Cropped cardigan, Simply Vera Vera Wang, $48; kohls.com. Martin trouser, Banana Republic, $98; bananarepublic.com. Eyelight 2 satin heels, Nine West, $79; at select Macy's stores.



All That Glitters

Black isn't so basic with the addition of sequins or rhinestones. Boiled-wool jacket, Ann Taylor, $228; anntaylor.com. Sequin circle scarf, Sisely, $44; 800/535-4491 for locations. Black sequin tank top, WD-NY, $78; 212/395-9309 to purchase. Zipper legging, Old Navy, $15; at Old Navy stores. Cuff, Simply Vera Vera Wang, $60; kohls.com.■

PHOTOS: JEFF HARRIS; TECHNICAL STYLING: CLAIRE TEDALDI

NEW!

Like a day spa for your taste buds.

- REAL DRIED FRUIT
- REAL YOGURT
- TOASTED WHOLE GRAIN OATS
- ONLY 80 CALORIES PER PACK

Look for delicious new DOLE® Real Fruit Bites. Find Apple, Pineapple and Mango in the dried fruit section. **Dole. Make Every Day Shine.®**



©2010 Dole Packaged Foods, LLC. DOLE and Make Every Day Shine are registered trademarks of Dole Food Company, Inc.

Fruit Punch

Got a passion for purple? Pucker up for this season's juicy berry tones.

BY MELISSA MILRAD GOLDSTEIN
PHOTOS JEFF HARRIS | STYLING LAURIE RAAB



Clockwise from above

Organic
Nvey Eco Organic Lipstick in #355 contains vitamin E, safflower, and castor oils to ward off damaging free radicals; $28.

Soft matte
A creamy velvet consistency. **Bobbi Brown** Black Raspberry Lip Color; $22

Nonfeathering
For consistent color, **Avon** Ultra Color Rich Lipstick in Cherry Jubilee stays where it's put; $7

Long-wearing
Packed with antioxidants, **Mary Kay** Rich Fig Creme Lipstick nourishes as it protects; $13.

Satin finish
The trifecta of lipstick: moisture, dense color, and shine. **Too Faced** Living In Sin Lip of Luxury Lipstick; $18



To date, the Vera Bradley Foundation for Breast Cancer has contributed $10 million to breast cancer research.

verabradley.com



DO GOOD

Think Pink

The beauty industry generates significant funding for breast cancer research and support each year. So primp with pink this month and make your contribution to the cause. A few standouts: **Philosophy** Shower for the Cure all-in-one shampoo, bath, and shower gel; $20. One hundred percent of net proceeds benefits the Women's Cancer Research Fund. **Clinique** Great Lips, Great Cause key ring; $16. The Breast Cancer Research Foundation receives $4 for each fob sold. See *page 270* for more pink products.

YOU ASKED

Animal-Friendly Brands

We recently received an e-mail from a reader asking for a list of beauty companies that don't test on animals. So we turned to PETA. Love 'em or hate 'em, they're the watchdog, so to speak. They curate a site, *caringconsumer.com*, where the animal-friendly list turns out to be a long one, with many mainstream brands including **Burt's Bees, Avon, Clarins, Mary Kay, Revlon, and Bath & Body Works.**



BRIGHT IDEA

Kaleidoscope Eyes

Partake in fall's return to colorful makeup with bright, vibrant shadows. **Shiseido's** Luminizing Satin Eye Color Trios look flashy, but a delicate pearl finish makes these bold shades absolutely wearable, $33. **Revlon** Illuminance quads are cream shadows that can be layered for endless color combinations, $7.



GOOD FOR YOU

Pomegranate Power

We could talk your ear off about pomegranate oil and how its abundance of antioxidants makes it ideal for skin and hair health. But we'd much rather entice you with its delectable fruity scent. TRY: **Burt's Bees** Cranberry and Pomegranate Sugar Scrub, $13; **Weleda** Pomegranate Hand Cream, $13; **Aveeno** Positively Nourishing Smoothing Body Wash, $7; **Suave** Pomegranate Splash shampoo, $4.

FACT: Your sense of smell is weakest in the morning and develops as the day wears on—so be careful not to overspritz.

Sense of Smell Institute



GIVEAWAY

Just Peachy

Sure peaches are out of season, but there's no reason you can't enjoy their sweet scent year-round. **American Beauty** True Delight perfume spray balances peach with notes of magnolia, yellow jasmine, and camellia alongside warm musk and cedarwood for a scent that feels just right for fall; $40.

Go Online

Win a bottle of American Beauty True Delight perfume. Go to BHG.com/Americanbeauty to enter.

ADVERTISEMENT

Pink WITH A PURPOSE

What can you do to help in the fight against breast cancer?

Donate $10* to **Susan G. Komen for the Cure®** directly from your mobile phone. Two easy ways to donate:

1. Text **KOMEN** to **90999**.
2. Or, **snap and send** the **Komen SnapTag** shown here to **720.341.4553**.



Act now!

Better Homes and Gardens will match reader donations to Susan G. Komen for the Cure up to **$5,000**.

*$10 will be added to your mobile phone bill/deducted from your prepaid account. Message and Data Rates May Apply. Reply STOP to 90999 to stop. Donation program ends November 15, 2010. Full Terms: mGive.org/T

ABOUT SUSAN G. KOMEN FOR THE CURE®

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure, which is now the world's largest breast cancer organization and the largest source of nonprofit funds dedicated to the fight against breast cancer with more than $1.5 billion invested to date. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit **komen.org**.

Two more ways to show your support:

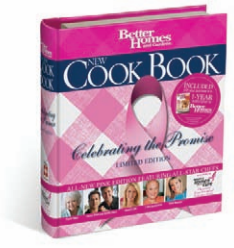


FORD WARRIORS IN PINK

Join Ford in the fight against breast cancer. Visit **fordcares.com** to shop Warriors in Pink apparel.

The best part—100% of the net proceeds benefit Susan G. Komen for the Cure®.

fordcares.com



THINK PINK AND WIN!

Visit **BHG.com/pinkwithapurpose** to enter to win a pink prize package valued at **$500**. The prize package will include a copy of the **"Pink Plaid"** edition of the ***Better Homes and Gardens*® New Cook Book** and a **KitchenAid Artisan Series Cook for the Cure® Stand Mixer**.

Entry details: Subject to Official Rules at bhg.com/pinkwithapurpose. No purchase or donation necessary to enter or win. The Pink with a Purpose Sweepstakes begins 9/14/10 and ends 10/13/10. Entries must be received by 11:59 p.m., E.T., on 10/13/10. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. One entry per email address. Void where prohibited. Sponsor: Meredith Corporation.

STELARA™ is a prescription medicine approved to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

IMPORTANT SAFETY INFORMATION

STELARA™ is a prescription medicine that affects your immune system. STELARA™ can increase your chance of having serious side effects including:

Serious Infections

STELARA™ may lower your ability to fight infections and may increase your risk of infections. While taking STELARA,™ some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA™ and watch you closely for signs and symptoms of TB during treatment with STELARA.™
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA.™

You should not start taking STELARA™ if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA,™ tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA,™ call your doctor right away if you have any symptoms of an infection (see above).

STELARA™ can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA™ will get any of these infections because of the effects of STELARA™ on these proteins.

Cancer

STELARA™ may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

Before receiving STELARA,™ tell your doctor if you:

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS.
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA™ should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA™ or one year after you stop taking STELARA.™** Non-live vaccinations received while taking STELARA™ may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA™ will harm your unborn baby. You and your doctor should decide if you will take STELARA.™
- are breast-feeding or plan to breast-feed. It is thought that STELARA™ passes into your breast milk. You should not breast-feed while taking STELARA™ without first talking to your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

Common side effects of STELARA™ include: upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA.™ Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read accompanying Medication Guide for STELARA™ and discuss any questions you have with your doctor.

© Centocor Ortho Biotech Inc. 2010 07/10 25US09039B

If you suffer from **moderate or severe psoriasis...**

Imagine the possibilities of clearer skin



Discover a proven psoriasis therapy. In a medical study, 7 out of 10 STELARA™ patients saw at least 75% clearance, and 7 out of 10 patients had their psoriasis rated as cleared or minimal at 12 weeks. *Individual results may vary.*

The safety and effectiveness of STELARA™ have not been evaluated beyond two years.

Discover a convenient psoriasis therapy. STELARA™ is an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter. Each injection is given using a small needle. STELARA™ is available in 45 mg or 90 mg doses; your doctor will choose the right dose for you. Make sure you keep all your scheduled follow-up appointments.

Ask your dermatologist about STELARA™.

Visit STELARAinfo.com or call 1-866-708-2377 to learn more.

Please read the Important Safety Information on the adjacent page.

Stelara™
(ustekinumab)

Read this Medication Guide before you start taking STELARA™ and each time before you get an injection. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment with STELARA.™

What is the most important information I should know about STELARA™?

STELARA™ is a medicine that affects your immune system. STELARA™ can increase your chances of having serious side effects, including:

Serious Infections: STELARA™ may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have serious infections while taking STELARA,™ including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have to be hospitalized for treatment of their infection.

- Your doctor should check you for TB before starting STELARA.™
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with STELARA™ and during treatment with STELARA.™
- Your doctor should watch you closely for signs and symptoms of TB during treatment with STELARA.™

You should not start taking STELARA™ if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA,™ tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA,™ call your doctor right away if you have any symptoms of an infection (see left).

STELARA™ can make you more likely to get infections or make an infection that you have worse.
People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections. These infections can spread throughout the body and cause death. It is not known if people who take STELARA™ will get any of these infections, because of the effects of STELARA™ on these proteins in your body.

Cancer:
STELARA™ may decrease the activity of your immune system and increase your risk for certain types of cancers. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS):
RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including:

- headache
- seizures
- confusion
- vision problems

What is STELARA™?

STELARA™ is a prescription medicine used to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

STELARA™ may improve your psoriasis but may also lower the ability of your immune system to fight infections. This may also increase your risk for certain types of cancer.

It is not known if STELARA™ is safe and effective in children.

It is not known if taking STELARA™ for more than two years is safe and effective.

Stelara (ustekinumab)

What should I tell my doctor before receiving STELARA™?

Before receiving STELARA,™ tell your doctor if you:

- have any of the conditions or symptoms listed in the section "What is the most important information I should know about STELARA™?"
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA™ should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA™ or one year after you stop taking STELARA.™** Non-live vaccinations received while taking STELARA™ may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA™ will harm your unborn baby. You and your doctor should decide if you will take STELARA.™
- are breast-feeding or plan to breast-feed. It is thought that STELARA™ passes into your breast milk. You should not breast-feed while taking STELARA™ without first talking with your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system.
- certain medicines that can affect how your liver breaks down other medicines.

Ask your doctor or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How will I receive STELARA™?

- STELARA™ is given by injection under the skin (subcutaneous injection).
- STELARA™ should only be given by a healthcare provider as directed by your doctor.
- Your doctor will decide the right dose of STELARA™ for you and how often you should receive it.
- Be sure to keep all of your scheduled follow-up appointments.

What should I avoid while receiving STELARA™?

You should not receive a live vaccine while taking STELARA.™ See "What should I tell my doctor before taking STELARA™?"

What are the possible side effects of STELARA™?

STELARA™ can increase your chances of having serious side effects. See "What is the most important information I should know about STELARA™?"

Common side effects of STELARA™ include:

- upper respiratory infections
- headache
- tiredness

These are not all of the possible side effects of STELARA.™ Tell your doctor about any side effect that bothers you or that does not go away. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 or to Centocor Ortho Biotech Inc. at 1-800-457-6399.

General information about STELARA™

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about STELARA.™ If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about STELARA™ that was written for healthcare professionals.

What are the ingredients in STELARA™?

Active ingredient: ustekinumab

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, polysorbate 80, and sucrose.

Prefilled Syringe Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Baxter Pharmaceutical Solutions, Bloomington, IN 47403

Vial Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Cilag AG, Schaffhausen, Switzerland

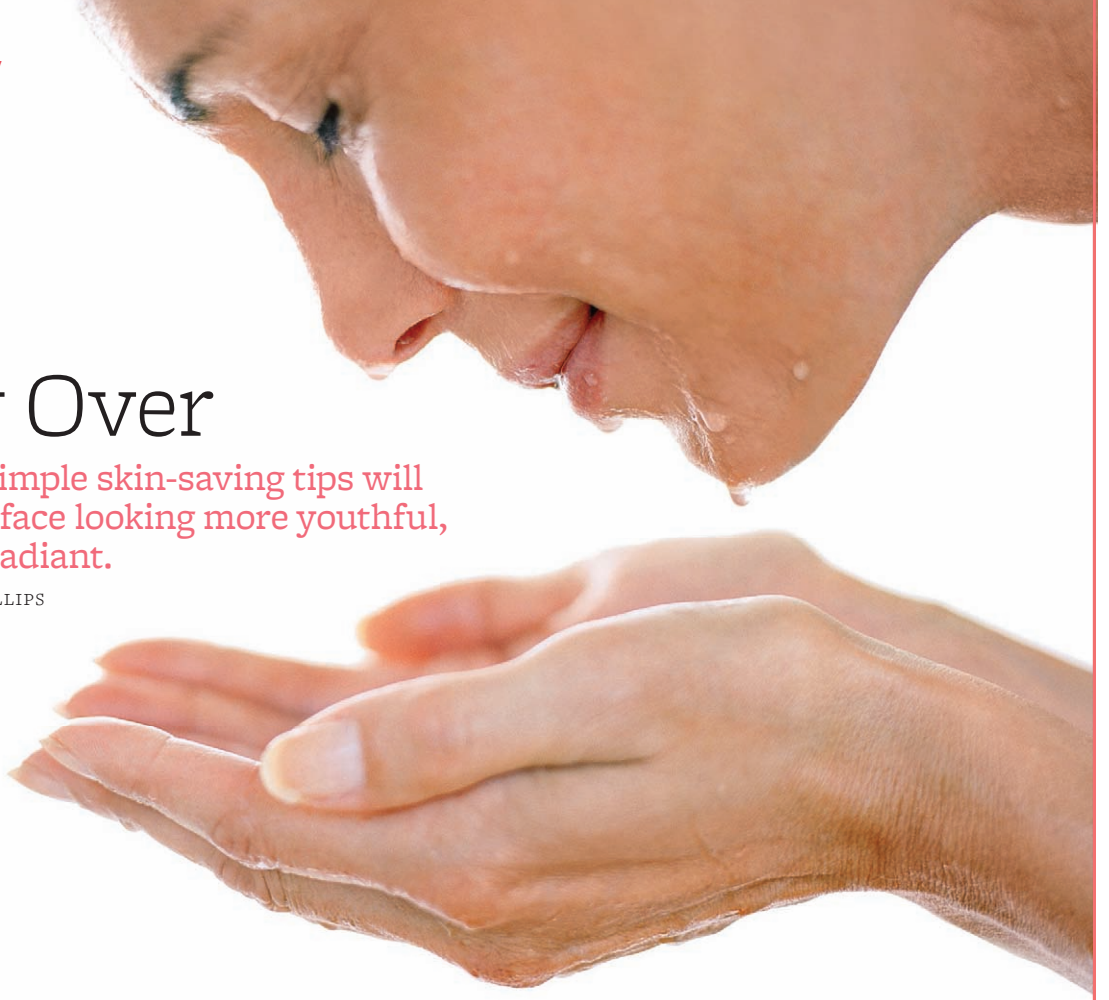
Revised December 2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.

U.S. License No. 1821

© Centocor Ortho Biotech Inc. 2010

25US10042



Dew Over

These 10 simple skin-saving tips will keep your face looking more youthful, taut, and radiant.

BY KELLY L. PHILLIPS

Nothing can stop time, but you don't have to resort to extreme plastic surgery to fend off its effects. It turns out that simple, daily, face-friendly habits can have a big impact. But we're not talking about a major overhaul. Just some basics—five ideas for day, five for night. "Bottom line, make sure no 12-hour period passes without doing something positive for your skin," says Boston-based dermatologist Jeffrey Dover. Now get glowing.

DAY

1 USE SUNSCREEN + ANTIOXIDANTS

Applying sunscreen is as essential as brushing your teeth—summer or winter, rain or shine, 365 days a year. "If you're stepping out the door, this is the absolute most important thing you can do to keep from looking older and to protect yourself against skin cancer," Dover says. However, SPF alone isn't enough. Recent studies have shown that topical antioxidants, the gold medalists of anti-agers, enhance the efficacy of sunscreen. There are tons of antioxidants out there (and new ones touted daily!), including vitamins C and E, coffeeberry, green tea, and fruits such as acai, blueberries, and pomegranate. (And yes, you can eat your fill, too—though applying them topically offers the most immediate benefit for skin.) Try layering an antioxidant-infused serum under your sunscreen, or choose a sunscreen formulated with one. **TRY: Neutrogena** Age Shield + Repair Anti-Aging Sunblock SPF 55 with vitamin E, $12; **H2O+** Green Tea Antioxidant Serum, $36.

2 WEAR SUNGLASSES

Less squinting equals fewer fine lines and crow's-feet (and less risk of cataracts, too). Choose a pair with 99 percent UVA and UVB protection, and use them all year long. Remember, snow reflects 80 percent of UV rays, nearly doubling overall exposure.

3 EXFOLIATE SELECTIVELY

Do it—but don't overdo it. Exfoliation sloughs away dead skin cells, smooths fine lines, and improves skin texture and tone. But FDA studies have shown that overusing chemical exfoliants, such as alpha hydroxy acids (AHAs) found in glycolic or lactic acids, increases sensitivity to UV rays. (Tip No. 1 is doubly important with AHA use.) Limit chemical exfoliants to twice a week. For manual exfoliation, try a gentle microbead scrub. **TRY: Skin Effects** Glycolic Peel Kit, $25; **Clean & Clear** Morning Burst Scrub; $7.

PHOTO: VEER

© 2010 Fruit of the Loom, Inc.



©2010 P&G

Warp Speed Absorption.





No other Ultra absorbs faster than Always Ultra. So when your period suddenly changes in flow, you can have a speedy recovery.

Have a Happy Period.

4 FEED YOUR FACE

Good skin care starts from the inside out. Eat healthfully: Omega-3 fatty acids found in salmon and walnuts fight wrinkle-causing inflammation; citrus fruits and spinach enhance collagen production; and lycopene, found in tomatoes and pink grapefruit, protects against sun damage. What to avoid? Sugar. Heightened levels in the bloodstream cause a process called glycation—one of the principal causes of cellular aging (and wrinkles).

5 STRESS LESS

Easier said than done, we know, but stress not only affects your sanity—it affects your face. A 2004 study by the University of California at San Francisco found that chronic stress affects your body at the cellular level, speeding deterioration. And frowns and knitted brows cause creases all their own. So take up yoga or try deep breathing exercises, and at least an hour before bedtime, hit the "off" switch on everything that has one. Your epidermis will thank you.

NIGHT

6 WASH UP!

Never skip cleansing your face before you nod off. "It's the cardinal sin of skin care," says New York City-based dermatologist Macrene Alexiades. "This is the skin's time to repair and rejuvenate." It's a splurge, but all the dermatologists we surveyed spoke favorably of the Clarisonic, an electronic gadget that uses sonic waves to loosen dirt and makeup (and, yep, it's from the same people who make the Sonicare toothbrush). Use it with your favorite cleanser to get skin cleaner than you could on your own. **TRY:** The **Clarisonic Mia** Sonic Skin Cleansing System, $149. Too pricey? **Neutrogena's** Sonic Power Cleanser, $16, is a budget alternative.

7 USE A CREAM WITH BENEFITS

What was good enough in your mother's day just doesn't cut it anymore. For a night cream that's more than moisture, retinoids are a sure bet. With over 40 years of clinical research behind them, retinoids have been proven to reduce brown spots and reverse sun damage, increase exfoliation and collagen production, and even treat acne (all while you snooze). Over-the-counter retinols (less potent vitamin A derivatives) have the same anti-aging benefits and are less irritating, although they take longer to deliver results. **TRY: L'Oréal** Advanced Revitalift Deep-Set Wrinkle Repair Night Cream with Pro-Retinol, $20.

8 TREAT BEYOND YOUR FACE

Don't stop facial care at your jawline. Take it down a notch—directly to the delicate skin of your neck and décolleté. The same cleansers, sunscreens, serums, and night creams you apply to your face can also treat those areas.

9 BLOT OUT SPOTS

Fine lines aren't the only age giveaways. A 2006 study linked sun spots and discoloration directly to age perception—so even without telltale wrinkles, brown-speckled women were thought to look older. New research shows that inhibiting the production of melanin (age spots and freckles are formed from this chemical found in the skin) may help prevent new spotting, and that creams containing natural lighteners like soy, licorice extract, or kojic acid are helpful. At the doctor's office, combat spots with a prescription for hydroquinone, the only FDA-approved ingredient for skin lightening. **TRY: Olay** ProX Discoloration Fighting Concentrate, $42; **Kiehl's** Photo-Age Corrector Kit, $59.

10 SLEEP SMARTER

Which side do you sleep on? Your dermatologist can tell just by looking at the side of your face where the wrinkles are the deepest. "To avoid compression wrinkles, train yourself to sleep on your back," Dover says. Bonus: no pillow-creases to rub away before you dash out the door! ■

Helps erase odors



New Always Dri-Liners Plus+ help eliminate odors — and worries. With patented Odor-Lock™ technology, they continuously absorb and neutralize odors.

Odor-Lock

©2010 P&G

ADVERTISEMENT

JENNIFER: Reunion-goer

The Perfect Fit

Yoplait Delights is a treat that helps keep one woman healthy and confident for her high school reunion



With her 25th high school reunion coming up, Jennifer is eager to renew old friendships. The 42-year-old director of a music school in New York City grew up in Narragansett, Rhode Island. "I'll be reconnecting with the people I literally grew up with, from nursery school through high school," she says with excitement. "As I look back, I realize that I've come a long way since my awkward school years!"

Her "sweet" challenge

Jennifer is confident she'll look her best two-and-a-half decades after graduation. Yoplait Delights is the perfect "sweet treat" that helps her look great, an indulgence that doesn't show on her body. "Yoplait Delights is my favorite discovery this year," she says. "If I want an afternoon or evening reward, it's nice to know there's something I can grab that's delicious and guilt-free."

Her reunion mindset

With a balanced life that includes a rewarding career, good health and a great new love interest, Jennifer is planning to attend her reunion in a new outfit, brimming with enthusiasm to share her life with all her old friends. "I feel really fortunate that life is good—and I plan to have a really wonderful time!"



Watch Jennifer's "The Perfect Fit" video diary at Yoplait.com
See Jennifer's story unfold and learn how to keep sweets in your healthy life.

Yoplait®

Delights™ PARFAIT



Delicious *and* 100 calories!



©2010 Yoplait USA, Inc. A21413A



BARELY A FORKFUL.

100 CALORIES OF A LEADING FROZEN ENTRÉE



DELICIOUSLY PLENTIFUL.

100 CALORIES OF *CAMPBELL'S® SELECT HARVEST®* CHICKEN WITH EGG NOODLES SOUP



Select Harvest® from *Campbell's*® offers 21 of its delicious soups that are **100% Natural**. Brimming with ingredients like tender white meat chicken and farm grown vegetables, they're naturally satisfying. Visit **SelectHarvest.com** for a money-saving coupon.

It's amazing what soup can do.™ Campbell's®

© 2010 CSC BRANDS LP

food

FRESH FROM YOUR KITCHEN

SIMPLE TASTES

Butternut squash. A dash of salt. A bit of butter. Eating well comes easy when produce is as fresh and colorful as an autumn day.

For the recipe, see p.251.



PHOTO DANA GALLAGHER
PROP STYLING PAMELA DUNCAN SILVER



Dinner In



The Food Network star and busy mom cozies up on the weekend with friends, family, and a mouthwatering, hassle-free menu.

with Nigella

BY LISA KINGSLY | PHOTOS DAVID LOFTUS | PRODUCED BY NANCY WALL HOPKINS
FOOD STYLING HETTIE POTTER | PROP STYLING ROSE MURRAY



The Menu

Avocado quesadillas

Mustard and ginger cocktail sausages

Ruby salad with mustard-pot dressing

Pappardelle with butternut squash and blue cheese

Texas brisket

Pumpkin scones

Flourless chocolate lime cake with margarita cream

Chocolate orange loaf cake

When the door opens and

you walk into Nigella Lawson's London home, the aroma of brisket bubbling away in the oven wraps you like a big warm welcoming hug. Weekday demands instantly disappear, and the weekend begins slow and unstructured, Nigella style: The cookbook author has invited friends over to hang out, eat, play games, eat, watch movies, and eat a little more. While she preps the rest of the menu, she makes quesadillas to order and sets out a plate of sweet and spicy sausages that remind her of her English girlhood. "It's very important to enjoy the cooking and not turn it into drudgery."





AVOCADO QUESADILLAS

Nigella relishes standing by the stove, grilling and handing out quesadillas stuffed with avocado and oozing cheese. Ginger conserve brings a bit of heat to the sausages, served with olives and cornichons. On her kitchen shelves, there are collections she has taken great care in choosing to create a warm haven: a pottery heart, tumblers, measuring jugs, and antique kitchenware.



MUSTARD AND GINGER COCKTAIL SAUSAGES



RUBY SALAD WITH MUSTARD-POT DRESSING

"Having people over for supper is about warmth, welcome, and hospitality. The menu must comfort."



PAPPARDELLE WITH BUTTERNUT SQUASH AND BLUE CHEESE







Nigella collects flavors

from her travels, and they meld with her past. "Our lives are a hodgepodge," she says. "I bring a bit of my granny, my Italy life, my visit to Texas." Her menu here is a great example of new flavors fused with familiar: The slow-cooked brisket is her take on a grilled version she tasted in Texas. While the pasta with blue cheese has an Italian bent, the sweetness of the butternut squash balances the smokiness of the brisket. Scones—quintessentially British—are made savory rather than the more traditional sweet, flavored with pumpkin and spiked with chili oil and Parmesan cheese. At the table, platters and bowls are passed family style, and everyone digs in with gusto.





PUMPKIN SCONES



TEXAS BRISKET

Nigella is as thoughtful about what she puts on the table as she is about planning the menu. The table is set ultra-casually; flowers picked up at a corner shop are plopped in a vase, and glass bottles hold olive oil and vinegar. Silverware waits in tumblers—especially helpful when Nigella taps you to set the table. It's all part of the experience.

The dishes are in the sink, and out comes a flourless chocolate cake spiked with lime and served with tequila-infused cream. Like Nigella herself, it's a bit sassy and unexpected. "Chocolate cake is always a celebration," she says. To underline the point, she then sets out a second dessert, a chocolate orange loaf. "My friends tease me that no one leaves hungry," she says, laughing. And no one leaves without a package of leftovers—her final gift to make the weekend last.





FLOURLESS CHOCOLATE LIME CAKE WITH MARGARITA CREAM

Go Online

Bake along with Nigella as she demonstrates how to make her Pumpkin Scones. Go to BHG.com/nigella.



For dessert, people choose a glass for after-dinner wine or a mug for coffee (just not the one with the N on it—that's hers). The chocolate lime cake, *left*, is a decadent extrapolation from a favorite cocktail. She also serves her favorite cake, *below*, to pair with tea. A slice makes a delicious mid-morning pick-me-up the next day.



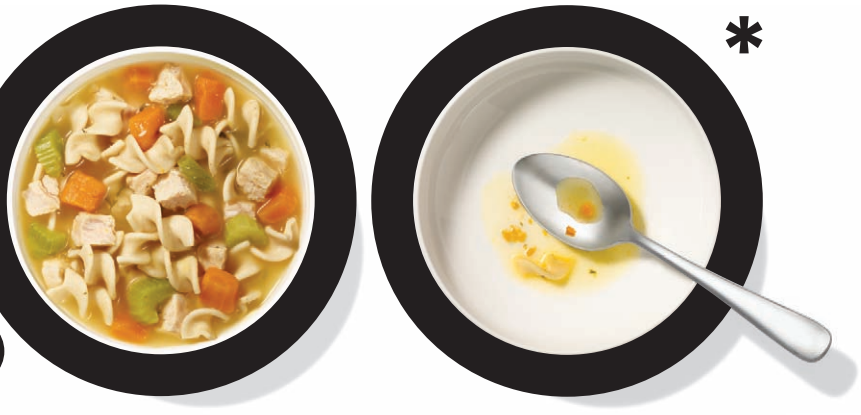
CHOCOLATE ORANGE LOAF CAKE

"My idea of a weekend is being at home. When you've made your nest, you want to stay in with the people who matter."

GO TO CHUNKY.COM AND

SAVE

$5.00*



ON CAMPBELL'S® CHUNKY™ SOUPS



THE OFFICIAL SOUP SPONSOR OF THE NFL

©2010 NFL Properties LLC.
All NFL-related trademarks are
trademarks of the National Football League.

It's amazing what soup can do.™ Campbell's®

*Multiple coupons worth $5 total. ©2010 CSC BRANDS LP



This airy walnut-orange cake features candied nuts in the whipped cream filling. Put the caramel sauce together while the cake bakes and pour on just before serving.

WALNUT CAKE WITH CARAMEL WHIPPED CREAM AND SIMPLE CARAMEL SAUCE

Recipe on page 212.

Caramel

Turn plain white sugar into flavor gold with recipes and tips for sauces, candy, and store-bought fix-ups.

BY RICHARD SWEARINGER AND ERIN SIMPSON | PHOTOS ANDY LYONS | RECIPES ALICE MEDRICH | FOOD STYLING JILL LUST

America's leading lady of desserts, Alice Medrich, has taught thousands to make caramel. Follow her lead to sweet success.

Simple Ingredients

The ingredient list is short and sweet—caramel is just sugar heated until it turns brown. The darker the color, the bolder and less sweet it will be. Milk, cream, or butter lends richness and thickens the caramel.

Details Matter

Caramel is easy but requires attention (and Alice's recipes include lots of tips so you never have to guess). Getting to that right caramel color takes patience: As the sugar syrup cooks, it will stay colorless for what seems an eternity, but the golden glow at the bottom of the pan always arrives. Check the color by drizzling a few drops onto a white plate or piece of white paper. "There's no way to accurately judge the color in the pan," Alice says.

Cooling and Storing

Straight off the stove, caramel is hotter than boiling water, so be careful when pouring. Store Honey-Vanilla Caramels in airtight containers; otherwise, it will absorb moisture from the air and become sticky.

Skip the guesswork
Using a candy thermometer will ensure your caramel doesn't burn. Choose one with a clip to attach it to the side of a pan.



©ConAgra Foods, Inc. All Rights Reserved.



"Caramel is easy once you have the hang of it. Take the details seriously and you won't get into trouble."

Alice Medrich

Store-bought caramel candies are heated with cream to become a meltingly soft (and foolproof!) filling for pecan shortbread. If you like, dip in white chocolate to keep the caramel from escaping.

CARAMEL SANDWICH COOKIES

Recipe on page 212.

THE ART OF GIRLS' NIGHT IN

1 bowl of Stacy's® Pita Chips
1 bottle of Merlot
1 unexpected ex-boyfriend
2 nods in recognition of an uncanny ability to quickly rearrange seating

STACY'S® SIMPLY NAKED® PITA AND BAGEL CHIPS

The Art of Basic®

Discover more at
Facebook.com/StacysPitaChips



©2009 STACY'S® PITA CHIP COMPANY, INC

Tips for Foolproof Caramel

Follow these golden rules from sweets expert Alice Medrich.

1. Use the right-size pot as specified in the recipe. If the pot is too large, water may evaporate before the sugar melts. If too small, the caramel could overflow.
2. Expect very hot steam when mixing cream into the caramelized sugar. Stay at arm's length and use a long-handled spatula.
3. Use a silicone spatula. "They're easy to clean, and they sweep the bottom of the pan better than a spoon," Alice says.
4. No improvising! "All the little steps may seem fussy, but I put them there to make caramel smooth and easy," Alice says.



CARAMALLOWS
Recipe on page 217.



CARAMEL-PEANUT BUTTER SWIRL CHEESECAKE
Recipe on page 217.

Sweet caramel and salty peanut butter are a match made in heaven in this decadent cheesecake.

Simple Caramel Sauce

PREP 30 min.

- ¾ cup whipping cream
- 2 Tbsp. water
- ½ cup water
- 1 cup sugar
- ¼ tsp. salt
- 1 tsp. pure vanilla extract

1. In a small saucepan heat cream and the 2 Tbsp. water until steaming hot. Remove from heat; set aside.
2. Place the ½ cup water in a 2-quart saucepan; pour sugar and salt in a thin stream in center of pan to form a low mound. Don't stir; use your fingers to pat the sugar mound down until it is entirely moistened. Any sugar touching edges of pan should be below the water line. Cover and cook over medium heat without stirring until sugar is dissolved and syrup looks clear.
3. Uncover and continue to cook without stirring until syrup begins to color slightly. Swirl pan gently (rather than stirring) if syrup is coloring unevenly. If syrup gets too dark, it will taste bitter. Use a skewer to drop a bead of syrup on a plate from time to time. When a drop of syrup looks amber (about 13 minutes), remove pan from heat. Holding pan away from you, gradually pour in the hot cream mixture. Stir over low heat to blend the caramel into the cream mixture. Simmer for 1 to 2 minutes.
4. Remove from heat; stir in vanilla. Let cool until slightly thickened (220°F–222°F). Serve warm with Walnut Cake with Caramel Whipped Cream, page 212. Or store, tightly covered, in the refrigerator up to a week. Makes 12 servings.

EACH SERVING *71 cal, 3 g fat, 12 mg chol, 33 mg sodium, 10 g carbo, 0 g fiber, 0 g pro.*

Go Online

Craving fall flavors? Bite into 31 luscious warm-and-cozy fall desserts featuring seasonal ingredients at BHG.com/fallspice

McCormick®

Live deliciously™





Full of inspiration

Full of flavor

Free of salt

Perfect Pinch®

Garlic & Herb Lemon Chicken

Prep Time: 10 minutes Cook Time: 20 minutes

1/4 cup flour
1 tbsp. **McCormick® Perfect Pinch® Garlic & Herb Seasoning**
1 lb. thinly sliced boneless skinless chicken breast halves
2 tbsp. oil
1 cup chicken broth
1 tbsp. lemon juice
1 tbsp. chopped fresh parsley

MIX flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

HEAT oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken from skillet; keep warm.

MIX broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

For more great-tasting recipes, visit perfectpinch.com



Available in 18 seasoning blends including 5 salt-free

©2009 McCormick & Co., Inc.

Walnut Cake with Caramel Whipped Cream

PREP 25 min. BAKE 35 min. OVEN 325°F

- 1 cup walnut halves or pieces
- ¾ cup unbleached all-purpose flour
- 1 cup sugar
- 1 medium orange
- ¼ tsp. salt
- 7 eggs, separated
- ½ tsp. cream of tartar
- 1 recipe Caramel Whipped Cream, below
- 1 recipe Simple Caramel Sauce, page 210

1. Preheat oven to 325°F. In food processor combine walnuts and flour. Process until nuts are finely ground; set aside. Set aside *2 Tbsp.* of the sugar.
2. Finely shred peel from orange and juice the orange. In a large bowl combine the remaining sugar, 1 tsp. of the orange peel, ⅓ cup of the orange juice, the salt, and egg yolks. Beat on high with an electric mixer for 3 to 5 minutes or until very thick and pale.
3. In another large, clean, dry bowl using clean, dry beaters, beat the egg whites and cream of tartar until soft peaks form when beaters are lifted. Gradually beat in the 2 Tbsp. reserved sugar until egg whites are stiff but not dry.
4. Spoon about a quarter of the egg whites over yolk mixture. Add nut mixture. Fold together with a large rubber spatula. Add the remaining egg whites and fold to combine. Scrape batter into an ungreased 10-inch tube pan with removable bottom; spread evenly in pan. Bake 35 to 40 minutes or until cake is golden brown and springy to the touch and toothpick inserted near center comes out clean. Cool cake upside down in pan by inverting cake pan over a bottle with a long neck.
5. By the time the cake is cool, most will have pulled away from sides of pan; rap sides of pan sharply on counter to release any portion of cake that is still attached. Run a skewer or long thin spatula around tube to detach; lift to remove cake. Slide a thin spatula around bottom of cake to detach bottom.
6. Using a sharp serrated knife, cut cake into two layers. Fill layers with Caramel Whipped Cream. Serve with Simple Caramel Sauce. Makes 12 servings.
EACH SERVING (WITH CARAMEL WHIPPED CREAM AND SAUCE) *541 cal, 31 g fat, 171 mg chol, 152 mg sodium, 62 g carbo, 2 g fiber, 9 g pro.*

Caramel Whipped Cream

START TO FINISH 35 min.

- ½ cup water
- 1 cup sugar
- 1⅓ cups coarsely chopped walnuts or pecans
- 1 cup whipping cream

1. Line baking sheet with foil or parchment paper; set aside.
2. Place water in a 2-quart saucepan. Pour sugar in a thin stream in center of pan to form a low mound. Don't stir; use your fingers to pat sugar mound down until it is entirely moistened. Any sugar touching edges of pan should be below the water line. Cover and cook over medium heat for a few minutes without stirring until sugar is dissolved and syrup looks clear.
3. Uncover and continue to cook without stirring until syrup begins to color slightly. Swirl pan gently (rather than stirring) if syrup is coloring unevenly. Use a skewer to drop a bead of syrup on a plate from time to time. When a drop looks pale amber, add the nuts. Using a silicone spatula gently turn nuts until they are completely coated with syrup.
4. Continue to cook, gently pushing nuts around if syrup is coloring unevenly, until a drop of syrup looks golden amber on the plate (about 30 minutes total). If syrup gets too dark, it will taste bitter. Immediately scrape mixture onto lined baking sheet and spread it out as well as you can.
5. While still warm but cool enough to handle, break into pieces. Transfer to resealable plastic bag. Keep airtight until needed, so they will not become sticky.
6. When ready to use, break caramel into smaller pieces; chop medium fine or pulse in food processor. In a large chilled bowl, beat cream until it holds soft peaks. Fold in chopped caramel. Makes 3 cups.



Caramel Sandwich Cookies

"You can serve the cookies freshly made for the most contrast of texture—tender crunchy cookies with gooey filling—or wait until the caramel and cookie have merged happily into a soft sandwich cookie," Alice says.

PREP 45 min. CHILL 2 hrs.
BAKE 10 min. OVEN 350°F

- ½ cup sugar
- ½ tsp. flaky sea salt or rounded ¼ tsp. fine salt
- ⅔ cup pecan pieces
- 16 Tbsp. (8 oz.) unsalted butter, slightly softened
- 2 tsp. pure vanilla extract
- 2 cups unbleached all-purpose flour
- Shortcut Caramel Filling, page 215
- 6 oz. white chocolate baking squares with cocoa butter or white baking pieces

1. Pulse sugar and salt in the dry bowl of food processor until fine and powdery. Add pecans; pulse until finely ground. Add butter in large chunks and the vanilla. Pulse until butter is smooth. Add flour; pulse until soft dough begins to form around blade. Transfer to bowl; knead briefly to evenly mix.
2. Form a rectangular log about 12 inches long and 2½x1½ inches. Wrap in waxed paper. Refrigerate at least 2 hours, or overnight.
3. Position rack in center of oven. Preheat to 350°F. Cut log into slices less than ¼ inch thick. Place at least one inch apart on ungreased baking sheet. Bake 10 to 12 minutes or until edges are golden



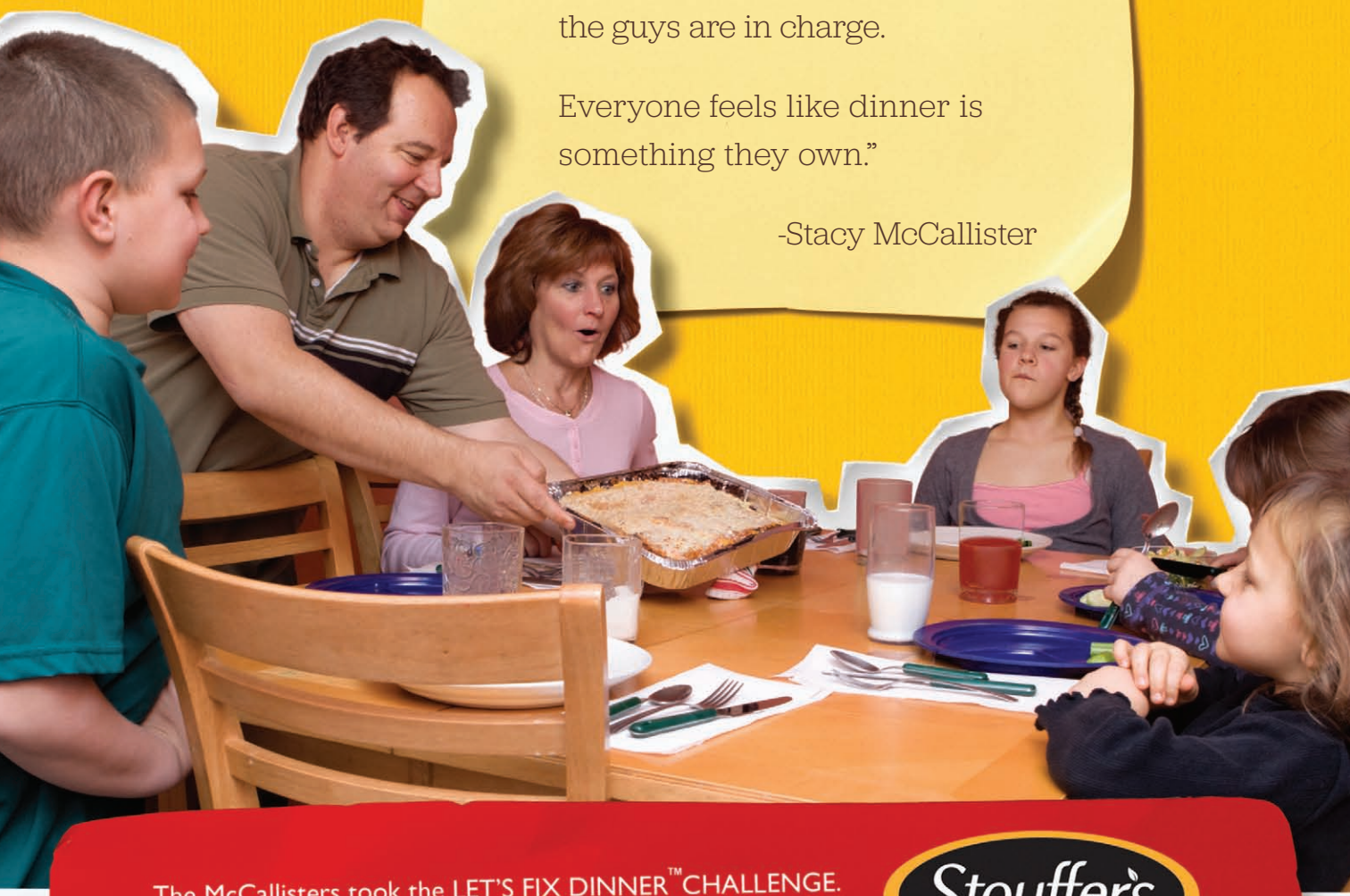
© 2010 KRAFT Foods

Having a real family dinner isn't impossible. You just need a little help.

"With our busy schedules, the only way we can share dinner as a family is if everyone pitches in. The youngest kids set the table, my daughter makes the salad and on Wednesday nights, the guys are in charge.

Everyone feels like dinner is something they own."

-Stacy McCallister



The McCallisters took the LET'S FIX DINNER™ CHALLENGE.
See what happened and share your story at **letsfixdinner.com**

Stouffer's®

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

brown, rotating pan from front to back about halfway through baking. Cool on pan for 1 to 2 minutes. Using a metal spatula, transfer to cooling rack. Cool completely before filling or storing. Store unfilled cookies up to 5 days in airtight container.

4. To assemble, carefully sandwich the tender cookies with a generous dab of the Shortcut Caramel Filling. In a microwave-safe, 2-cup glass measuring cup place white chocolate. Microwave on 100% power (high) for 1 to 1½ minutes or until melted, stirring every 30 seconds.

5. Dip ends of sandwiches into melted chocolate as desired. Place on waxed paper-lined baking sheet until set.

Shortcut Caramel Filling In a small saucepan combine 24 purchased caramels and ¼ cup whipping cream; cook and stir over low heat until just melted.

EACH SERVING *221 cal, 13 g fat, 25 mg chol, 81 mg sodium, 22 g carbo, 1 g fiber, 3 g pro.*

Caramel Quick-Fix

Nothing beats a rich homemade caramel sauce. But for something quick, store-bought does the trick.

Salted Caramel Pears

Cook pear slices in a little butter in a skillet until they start to soften. Add a few spoonfuls of caramel sauce and toss pears to coat. Sprinkle with coarse salt just before serving.

Caramel Trifle

Layer cubes of gingerbread or pound cake with vanilla pudding and caramel sauce.

Caramel-Banana Smoothie

Whirl together caramel sauce, a banana, Greek yogurt, and a little milk in a blender. Top with a drizzle of caramel sauce and roasted peanuts.

Honey-Vanilla Caramels

These soft and chewy caramels are wonderful as is. Or turn them into decadent chocolate-coated Caramallows, page 217.

PREP **30 min.** COOK **35 min.**
STAND **2 hr.**

- 2 cups sugar
- ¾ cup light-color corn syrup
- ¼ cup honey
- ¼ tsp. salt
- 2 cups whipping cream
- 3 Tbsp. unsalted butter, cut into chunks
- 1 Tbsp. plus 1 tsp. pure vanilla extract

1. Line bottom and sides of 8x8x2-inch pan with parchment paper.

2. Combine sugar, corn syrup, honey, and salt in heavy 3-quart saucepan. Cook, stirring, over medium heat, until mixture begins to simmer around edges. Using a wet pastry brush, lightly brush the sugar from inside sides of saucepan. Cover; continue to cook about 3 minutes. (Meanwhile rinse spatula or spoon before using again.) Uncover; brush sides again. Attach candy thermometer to side of saucepan (do not let it touch bottom). Cook, uncovered, without stirring until mixture reaches 308°F (8 minutes). Meanwhile, in small saucepan bring cream to a simmer; keep hot until needed.

3. As soon as mixture reaches 308°F, remove from heat. Immediately stir in butter. Using long-handled spatula gradually stir hot cream into caramel. (Be careful; mixture will foam up and steam.) Return to heat. Adjust heat so mixture boils but not too rapidly. Stir to be sure it is well blended and smooth. Continue to cook 22 to 30 minutes, stirring occasionally, until temperature reaches 255°F.

4. Remove saucepan from heat; stir in vanilla. Immediately pour caramel into prepared pan. If preparing Caramallows, let set 10 minutes and proceed as directed, *page 217.* Otherwise, let set 2 to 3 hours or until caramel is completely cool and firm.

5. Lift pan liner to remove caramel to a cutting board. Using a long, oiled knife, cut into pieces. Wrap caramels in waxed paper. Store up to 1 month in an airtight container at room temperature. Makes 48 to 60 caramels.

EACH SERVING *87 cal, 4 g fat, 16 mg chol, 18 mg sodium, 12 g carbo, 0 g fiber, 0 g pro.*





Make one big hungry family one big happy family.



Whip up delicious new family favorites. All with Hungry Jack®
You'll find great recipes for every meal at UseUpTheBox.com.
You won't have to call them to the table twice.

Everybody's *happy* when it's Hungry Jack®

©/® The J.M. Smucker Company

Caramallows

Alice's chewy Honey-Vanilla Caramels are best for these treats, but for a shortcut version, start with purchased caramels. Cut a marshmallow half to fit the caramel and press together, sticky side down. Dip in chocolate as directed, below.

PREP 1 hr. STAND: 2 hrs.
CHILL: 30 min.

- 1 recipe Honey-Vanilla Caramels, page 215
- 28 to 32 regular-size purchased marshmallows
- 1½ lbs. semisweet, bittersweet, or milk chocolate, chopped*

1. Prepare Honey-Vanilla Caramels as directed; let cool 10 minutes. Meanwhile, using an oiled knife, cut each marshmallow in half crosswise. Arrange marshmallows very tightly together, cut side down, on top of warm caramel (caramel should be warm enough to soften marshmallows). Let set 2 to 3 hours, until caramel is cool and firm.
2. Lift liner to remove caramel to cutting board. Using a long, oiled knife, cut between marshmallows, through caramel, to make square pieces. As you work, transfer pieces to a tray lined with waxed paper, leaving space between each to prevent sticking. Place in refrigerator for 30 minutes or until firm.
3. Place large cooling rack over sheet of waxed paper. Melt chocolate (see below).
4. Dip one caramel, marshmallow side down, into chocolate. Use dipping fork or table fork to push candy beneath surface of chocolate, and turn marshmallow side up. Slip fork under caramel to lift out of chocolate, marshmallow side up. Tap fork on edge of bowl several times and wipe bottom of fork against side of bowl to remove excess chocolate. Slide candy off fork onto prepared rack; repeat.
5. Set tray in cool place until chocolate is set. Store at cool room temperature, in an airtight container, up to 1 month. Makes 48 to 60 candies.
*Do not use chocolate chips.
Melting Chocolate Place 1 lb. of the chopped chocolate in a microwave-safe bowl. Microwave on 30% power for 1½ to 2 minutes or until chocolate has started to melt (110°F). Add remaining chopped chocolate; stir until melted and smooth. (Temperature of chocolate will drop to about 85°F). Reheat as needed for 10 seconds on 30% power (about 90°F).
EACH SERVING *170 cal, 9 g fat, 16 mg chol, 21 mg sodium, 23 g carbo, 1 g fiber, 1 g pro.*

Caramel-Peanut Butter Swirl Cheesecake

PREP 40 min. BAKE 45 min.
COOL 1 hr. CHILL 5 hrs. OVEN 350/325°F

CRUST:
- 1½ cups graham cracker crumbs
- ¼ cup sugar
- ½ tsp. cinnamon
- 6 Tbsp. butter, melted

FILLING:
- 3 8-oz. pkgs. cream cheese, room temperature
- ¼ cup sugar
- 1½ tsp. pure vanilla extract
- 2 large eggs, room temperature
- ½ cup purchased or homemade caramel sauce
- ⅓ cup natural peanut butter, stirred

1. Position rack in lower third of oven; preheat to 350°F. Grease a 9-inch springform pan.
2. For crust, mix together crumbs, sugar, and cinnamon; stir in butter. Press evenly and firmly over bottom and half way up sides of pan. Bake 10 to 12 minutes; cool on wire rack. Grease sides of pan again above crust level to prevent filling from sticking to pan.
3. Preheat oven to 325°F. In mixing bowl, with an electric mixer, beat cream cheese 30 seconds. Scrape bowl and beaters. Add sugar and vanilla. Beat until smooth and creamy, 1½ minutes. Beat in 1 egg just until combined. Scrape bowl and beaters. Beat in remaining egg. Pour into crust.
4. Stir together caramel sauce, peanut butter, and a pinch of *salt.* (If stiff, heat a few seconds in microwave to soften.) Spoon pools of caramel mixture over plain batter, making sure to leave some plain batter showing. Jiggle pan gently to settle caramel mixture level with plain batter. Marble the batters with a small spoon by gently whirling in small, loopy circles until intermingled but not blended. Place pan on a baking sheet.
5. Bake 40 to 45 minutes, or until edges are puffed but center looks moist and jiggles when pan is nudged. Remove from oven. If batter is touching sides of pan, above crust, slide a thin knife carefully around edges to detach cake; do not remove sides. Place pan on rack. Cover pan and rack with large inverted bowl or pot so cake cools slowly. Once cool, cover and refrigerate 5 to 24 hours. Remove sides of pan before serving.
EACH SERVING *510 cal, 37 g fat, 136 mg chol, 520 mg sodium, 36 g carbo, 1 g fiber, 9 g pro.*

Turn hungry into happy.



Peach Melba Crepes



Make-Ahead Party Mashed Potatoes



Turkey Burger Sliders

For these and more great recipes, visit
UseUpTheBox.com





©2010 The Quaker Oats Company

25% LESS SUGAR. BIGGER OATS FOR A HEARTIER TEXTURE. AND



NATURALLY FLAVORED. WE'RE MAKING OUR OATMEAL BETTER, STARTING WITH SOME OF YOUR FAVORITE FLAVORS,



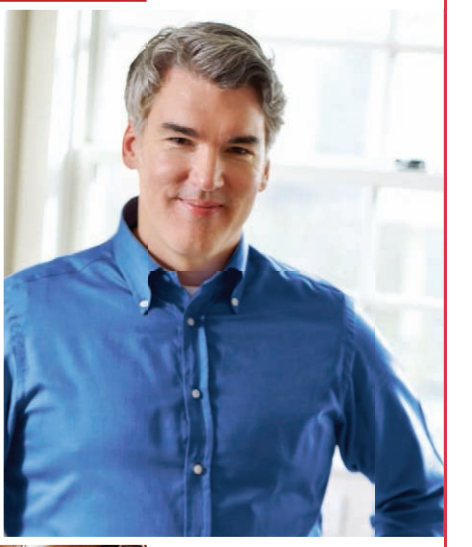
SO YOU CAN BE AMAZING.

DOES YOUR BREAKFAST MAKE YOU AMAZING?

GO TO FACEBOOK.COM/QUAKER TO FIND OUT.







FIRM VS. CREAMY BEANS

Scott's tip

A slow simmer with small bubbles rising around the edges of the pot yields the best texture and flavor and a lighter, more delicate broth, Scott says. If you prefer a pot of creamy beans, simmer more aggressively. This releases more starch from the beans, thickening the broth.

Soup Beans

Rustic and comforting, slow-cooked beans are fabulously delicious yet simple to make—a hearty supper on a cool fall night.

BY PEG SMITH | PRODUCED BY NANCY WALL HOPKINS AND SCOTT PEACOCK
PHOTOS ANDY LYONS | RECIPE SCOTT PEACOCK

A pot of beans simmered with smoky ham is a thoroughly American dish. This economical and stick-to-your ribs meal has stood the test of time and remains a favorite across the country. Being a Southerner, Scott likes to make this simple bean dish with country ham—a dry-cured, smoked, and aged ham that has a firmer texture and more intense flavor than standard ham. "I love the depth of flavor that is rendered from a good chunk of country ham," Scott says. "It has a wonderful quality you cannot get elsewhere." Country ham is fairly widely available, but if you can't find it, he says, you can use bacon, salt pork, or streak o' lean—which is just what it sounds like: a piece of pork fat with just a little bit of meat in it.

Hostess®

Your brain thinks whole grains. Your mouth says yeah, baby.





You'd expect a muffin from Hostess® to taste great. But you wouldn't expect it to have whole grain,* fiber and 150 calories. Get good and goodness in one surprising bite.

Nutritious meets delicious.

*This product contains 2g of whole grain per serving. USDA recommends consuming 48g of whole grain every day.

© 2010 Hostess Brands, Inc.

www.hostesscakes.com



"Careful seasoning with salt, plus slow-cooked onions, garlic, and tomato elevate this humble dish to flavorful greatness."

Scott Peacock

Soup Beans

This recipe gets its name from cooks in the southern Appalachian Mountains. The beans are often served as a soup with the broth in which they are cooked.

SOAK 24 hours

PREP AND COOK 1 hour, 55 minutes

- 1 lb. dried pinto beans, white beans such as navy beans, or black beans
- 8 oz. country ham, leave whole
- ½ tsp. kosher salt or ¼ tsp. salt
- 1 14½-oz. can whole tomatoes, drained
- 1 cup finely chopped onion
- 2 Tbsp. olive oil
- 1 tsp. minced garlic (about 2 cloves)
- ½ tsp. kosher salt (optional) or ¼ tsp. salt
- ¼ tsp. ground black pepper

1. Sort through the beans and discard any stones or damaged beans. In a colander rinse well, then transfer to 4- or 5-quart container and cover generously with water. Cover and refrigerate overnight or up to 3 days. The beans will double or triple in size. "The longer they soak, the less time they'll need to cook," Scott says.

2. Drain the water, rinse the beans, and put them in a heavy nonreactive 5- to 6-quart pot or Dutch oven. Add the ham, 6 cups of *water*, and ½ teaspoon salt. Initially, the beans should be covered by about 1½ inches. "Plenty of water ensures even cooking and room for stirring without crushing the beans," Scott says. Although the salt increases cooking time slightly, the added flavor is worth a few extra minutes, he says.

3. Bring the beans to a simmer over moderate heat and partially cover the pot (leave about a half-inch gap); add water as necessary to keep beans covered by a half-inch. Stir gently during cooking so beans won't stick to bottom. Cook slowly for about 1 hour until beans are just tender but not at all mushy.

4. While the beans simmer, prepare tomato sauce. Transfer drained tomatoes to a large, deep bowl (to keep juices contained) and crush. "I break up the tomatoes by hand for a more casual look and more texture," Scott says.

©2015 Sara Lee Corporation

PROBLEM: GIGANTIC MORNING. SOLUTION: HEROIC BREAKFAST.



New Jimmy D's helps your kids reach their full potential. Made with Turkey Sausage and Cinnamon Glazed French Toast for a taste kids love, it's a great way to start their day right.



"Wait until beans are tender to the bite before stirring in tomatoes and onions. Adding tomatoes too soon will prevent beans from fully cooking."

Scott Peacock



5. Meanwhile, in a 12-inch skillet cook onion in hot olive oil over medium heat just until soft, but not browned. Add garlic to the softened onions and cook 1 minute more. "I only use a clove or two of garlic, and I specifically don't brown the onions for this dish because they are not the main flavors," Scott says. "They're there to enhance without taking over." Stir in the ½ teaspoon salt, the pepper, and the crushed tomatoes. Cook, gently, uncovered for 5 to 10 minutes. Taste for salt, adding additional if needed.

6. Stir tomato-onion mixture into beans, and cook, partially covered, for 30 minutes, until the beans are fully tender. To serve, transfer beans to individual bowls and ladle some of the cooking broth over the beans. "The best way to eat these beans is with a slice of corn bread* to crumble over," Scott says. Makes 6 side-dish servings.

EACH SERVING *605 cal, 16 g fat, 105 mg chol, 1,538 mg sodium, 86 g carbo, 31 g pro.*

**For Scott's corn bread recipe, go to BHG.com/scottscornbread.*

SCOTT SUGGESTS

Other ways to enjoy this recipe

Once beans are done, use them in a stew or a casserole.

1. Turn cooked beans into a meaty stew by adding chunks of leftover chicken or other meat, cooked small pasta such as ziti or elbow macaroni, and roasted sweet peppers. Add additional broth or white wine to make it stew consistency; bring to simmering, and cook 5 to 10 minutes before serving. For a zestier stew, add a pinch of crushed red pepper flakes and a clove or two of freshly chopped garlic.

2. For a casserole, drain all but a half inch of cooking liquid from cooked beans, stir in a sausage or two—browned and sliced—and a few handfuls of cooked and chopped greens such as kale. Transfer to a casserole dish, top with fresh bread crumbs, grated cheese, and an optional drizzle of olive oil, then bake at 350°F until casserole is bubbling and crumbs are browned and crusty. ■

Video Online

Want to learn more? Watch chef Scott Peacock demonstrate this recipe—and his other American Classics—at BHG.com/americanclassics. You'll also find how-to photos and more recipes from Scott. To watch Scott on television, go to BetterTV.com for local times and channels.



Fast Fare

Put a hearty meal on the table any night of the week with these quick, satisfying dishes.

BY ERIN SIMPSON
PHOTOS ANDY LYONS
RECIPES AND
FOOD STYLING JILL LUST



1

Beef Sirloin Tips with Smoky Pepper Sauce

START TO FINISH 30 minutes
BUDGET $2.76 per serving

- 1½ lb. beef sirloin tip steak
- ½ tsp. smoked paprika or paprika
- 1 Tbsp. vegetable oil
- 1 12- to 16-oz. jar roasted red and/or yellow sweet peppers
- ½ cup hickory- or mesquite-flavor barbecue sauce
- ¼ cup chopped fresh Italian (flat-leaf) parsley

1. Trim meat and cut into 1- to 1½-inch chunks; sprinkle with paprika. In 12-inch skillet, heat oil over medium-high heat. Add meat; brown 5 minutes or to desired doneness. Remove from skillet; keep warm.
2. Meanwhile, drain roasted red peppers, reserving liquid. Cut up roasted peppers. Measure ½ cup of the reserved liquid (if needed, add enough water to equal ½ cup). Add peppers and liquid to skillet. Add barbecue sauce. Cook, uncovered, 5 to 10 minutes, stirring frequently until sauce is slightly thickened. Return meat to skillet; heat through.
3. Sprinkle with parsley. Makes 4 servings.
EACH SERVING *367 cal, 18 g fat, 111 mg chol, 510 mg sodium, 13 g carbo, 2 g fiber, 36 g pro.*

SERVE WITH: Polenta (as shown), couscous, or mashed potatoes.

©2010 HBI

You Wonder: Does she practice that look or does it come naturally?



You'll never have to wonder

about the goodness of Wonder® Smartwhite™. It has the Fiber of 100% whole wheat, the Calcium of 8 oz of milk* and Vitamin D. Plus that great Wonder taste your family loves.



*in two slices



2 Tomato-Apricot Chicken

START TO FINISH 25 minutes
BUDGET $2.61 per serving

- 4 boneless, skinless chicken breasts
- 1 Tbsp. olive oil
- 1 clove garlic, sliced
- 1 28-oz. can undrained diced tomatoes
- ½ cup snipped dried apricots
- ⅓ cup golden raisins

1. Season chicken with *salt* and *pepper*. Cook chicken in a very large skillet in hot olive oil, 4 minutes per side or until browned. Add garlic; cook and stir 1 minute more.
2. Add tomatoes, apricots, and raisins; bring to boiling. Reduce heat and simmer, covered, 3 to 5 minutes or until chicken is cooked through (no pink remains). Uncover and cook to desired consistency. Season to taste with *salt* and *pepper*. Makes 4 servings.

EACH SERVING *314 cal, 5 g fat, 82 mg chol, 636 mg sodium, 34 g carbo, 6 g fiber, 36 g pro.*

SERVE WITH: Steamed broccolini and lemon wedges (as shown) or cooked rice.



3 Ginger Pork Rolls

START TO FINISH 30 minutes
BUDGET $2.17 per serving

- 3 Tbsp. reduced-sodium soy sauce
- 2 tsp. ground ginger
- ⅔ cup golden raisins
- ½ cup coarsely chopped red onion
- 1 lb. pork loin, thinly sliced
- 8 mini hamburger buns or dinner rolls, split
- 1 small cucumber, thinly sliced

1. In large skillet combine 1 cup *water*, the soy sauce, ginger, raisins, and onion. Cover and bring to a simmer over medium-high heat; simmer 5 to 6 minutes or until raisins are plump and onions are tender. Remove raisins and onions with a slotted spoon. Transfer raisin mixture to small bowl; stir in ¼ tsp. *black pepper*. Set aside.
2. Add sliced pork to cooking liquid in pan. Simmer, uncovered, 7 to 8 minutes or until pork is cooked through (just a trace of pink remains), turning once. Remove with a slotted spoon.
3. Serve pork in buns with cucumber slices and raisin mixture. Makes 4 servings.

EACH SERVING *438 cal, 9 g fat, 74 mg chol, 797 mg sodium, 57 g carbo, 3 g fiber, 34 g pro.*

ADDITIONAL TOPPERS: Sliced jalapeño chile peppers or cilantro leaves.

Can't wait for them to get home from school.
Can't wait for them to go back.



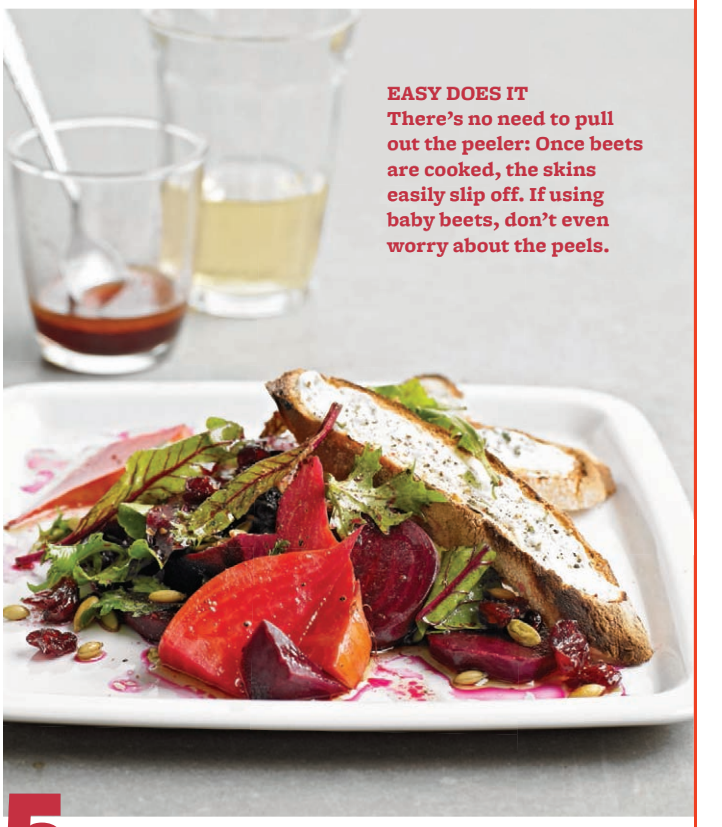
Once they're home, they're hungry.
With Farm Rich in your freezer, you're ready for anything.
So don't make yourself crazy. Make Farm Rich.

FARM Rich®
Keep 'em happy™

FarmRich.com

©2010 Rich Products Corporation





EASY DOES IT
There's no need to pull out the peeler: Once beets are cooked, the skins easily slip off. If using baby beets, don't even worry about the peels.

4 Pumpkin, Barley, and Sage Soup

START TO FINISH 30 minutes
BUDGET $1.79 per serving

- 8 oz. cooked andouille or smoked sausage links, chopped
- 1 small onion, chopped
- 1 Tbsp. snipped fresh sage
- 1 Tbsp. vegetable oil
- 1 cup quick-cooking barley
- 1 tsp. instant chicken bouillon granules
- 1 15-oz. can pumpkin
- 2 Tbsp. maple syrup
- 1 Tbsp. cider vinegar

1. In 4-quart saucepan or Dutch oven cook sausage, onion, and sage in hot oil over medium heat 3 minutes, stirring often. Add barley, 4 cups *water,* and bouillon granules. Bring to boiling. Reduce heat; simmer, covered, 12 minutes, stirring occasionally.
2. Stir in pumpkin, maple syrup, and vinegar; heat through. Season to taste with *salt* and *pepper.* Makes 4 servings.
EACH SERVING *439 cal, 21 g fat, 35 mg chol, 832 mg sodium, 51 g carbo, 11 g fiber, 14 g pro.*

TOP WITH: Green apple slices and additional fresh sage.

5 Beets and Greens Dinner Salad

START TO FINISH 30 minutes
BUDGET $3.42 per serving

- 6 small golden and/or red beets
- ½ cup cider vinegar
- 2 Tbsp. sugar
- 1 small baguette, sliced at an angle
- 4 oz. semisoft cheese with garlic and herbs
- ¼ cup olive oil
- 8 cups mixed salad greens
- ⅓ cup dried cranberries
- Shelled roasted pumpkin seeds (optional)

1. Place whole beets (greens trimmed) in casserole dish with vinegar, sugar, and 2 Tbsp. *water.* Microwave, covered, on 100% power (high) 9 to 12 minutes or until tender, stirring once. Trim stem end and slip skins off. Slice beets; reserve cooking liquid.
2. While beets are in microwave, prepare toast. Preheat broiler. Spread baguette slices with cheese. Broil, 4 inches from heat, for 3 minutes or until cheese is melted and bread edges are toasted; set aside.
3. For dressing, whisk oil and ½ tsp. each *salt* and *pepper* into reserved cooking liquid. In bowl toss beets, salad greens, and cranberries with dressing. Sprinkle pumpkin seeds; pass toast. Makes 4 servings.
EACH SERVING *581 cal, 24 g fat, 22 mg chol, 1,070 mg sodium, 74 g carbo, 6 g fiber, 19 g pro.* ■

KITCHEN TIP: To prevent stained hands, wear gloves or place plastic bags over your hands when peeling and slicing the beets.



unclebens.com/thisisbrown

"Introducing my new Whole Grain White Rice. (Just tell the kids it's white rice.)"

Ben knows best™

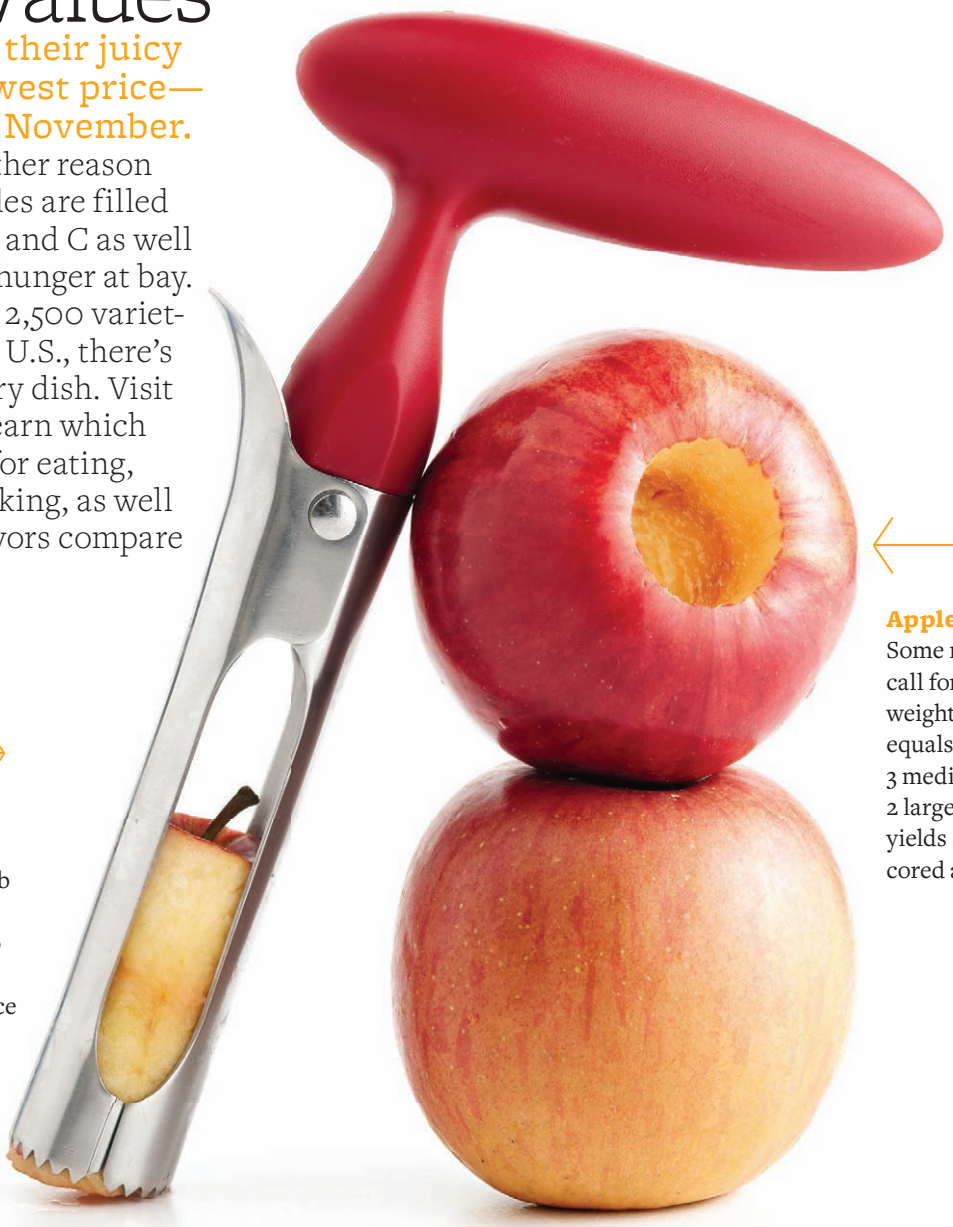


®/™ Registered trademarks. ©2009 Mars, Incorporated. Product availability in limited areas only.

Core Values

Apples are at their juicy best—and lowest price—now through November.

If you need another reason to stock up, apples are filled with vitamins A and C as well as fiber to keep hunger at bay. With more than 2,500 varieties grown in the U.S., there's an apple for every dish. Visit usapple.org to learn which apples are best for eating, cooking, and baking, as well as how their flavors compare to one another.



Better tool
An easy-grip handle and thumb tab for releasing the core speed up prep time when making applesauce or pies. *Cuisipro Apple Corer, $10; williams-sonoma.com*

Apple math
Some recipes call for apples by weight. A pound equals 4 small, 3 medium, or 2 large apples, and yields 2¾ cups, cored and sliced.

1 CORE AND GO
Stir granola into peanut butter. Spoon into a cored apple (leave half an inch intact at the base). Wrap in plastic and hit the road.

2 SALAD SPIN
Try a new twist on a classic Waldorf salad by coring and slicing different-color apples into rings. Layer the rings over greens. Drizzle with a vinaigrette dressing, and sprinkle with blue cheese and toasted pecans.

3 EASY BAKE
Granny Smith, Jonathan, Cortland, Golden Delicious, Cameo, and Rome Beauty work well for baking. To bake, core and stuff apples with brown sugar and raisins. Place in a baking dish and bake at 350°F for 40 minutes.

4 SWEET SLICE
Thin apple slices add a bit of crisp sweetness to sandwiches. Core and thinly slice an apple; layer on bread with ham and cheddar. Toast the sandwich in a skillet as you would a grilled cheese.

PHOTOS: BLAINE MOATS; FOOD STYLING: GREG LUNA

Avocados From Mexico

the amazing avocado™



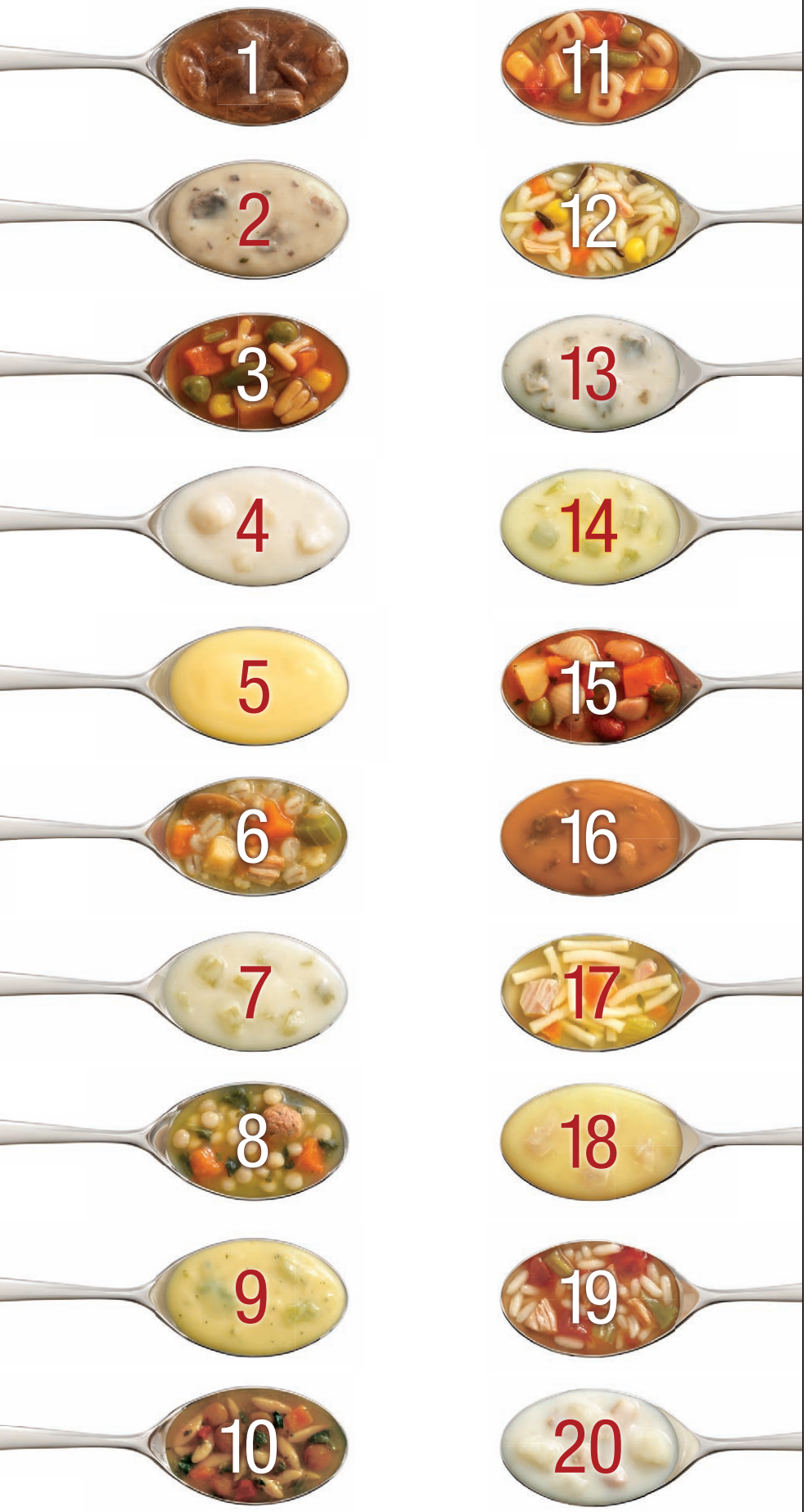
vitamins, minerals & great ideas.

With nearly 20 essential vitamins and minerals and even more ways to serve them, Avocados from Mexico add a rich, creamy texture to meals you make every day. Try them in breakfast tacos, spread them on a sandwich, or dice them into soup. Visit our website for more ways to get the benefits of avocados and the smiles of your family.



discover all the health benefits @ theamazingavocado.com

© 2010 Mexican Hass Avocado Importers Association



GO MOBILE

Quick Search

Have *Better Homes and Gardens* at your fingertips everywhere you go! Visit bhg.com on any Web-enabled phone for quick, easy solutions to the "what's for dinner?" dilemma. Search by main ingredients to find recipes that are just right for you. You can also join the BHG Mobile Club to get easy recipes and menu ideas sent to your phone.



TIME-SAVER

Garlic Smash

Separate a garlic head into individual cloves in no time by striking with an unopened can. Use as many cloves as you need, then store the rest in an airtight container or zip-top bag for up to 2 weeks.



EASY SWEETS

Tricked-Out Treats

You don't have to be a pastry whiz to whip up spooky little snacks. For bold color, stir gel (rather than liquid) food coloring into frosting. Use licorice ropes, mini M&Ms, cereal, or pretzels to make ghoulish faces. For this cupcake, MixingBowl.com member Victoria99 tinted marshmallows Frankenstein green with food color spray, such a Wilton Color Mist (available at major retailers and wilton.com). Find more fun ideas in the fall baking issue of *Mixing Bowl* magazine.



New Ways With Bacon

Explore the sweeter side of this all-time favorite.

1. **Bacon-Maple Doughnuts** Stir together 2 cups of powdered sugar, a couple of tablespoons milk, and a long drizzle of maple syrup. Spoon glaze over purchased cake doughnuts and top with crumbled bacon.

2. **Chocolate Chip-Bacon Cookies** Crumble a few slices of crisp-cooked bacon into your favorite homemade or purchased chocolate chip cookie dough, then bake as directed.

3. **Apples and Bacon** Melt a few tablespoons of butter in a skillet over medium-high heat. Add 2 cups chopped apples and a heaping spoonful of brown sugar. Cook until apples are softened, about 2 minutes. Stir in a few slices of crumbled bacon. Serve over pancakes or waffles.

NOW



MORE CONDENSED SOUPS HAVE LESS SODIUM, THANKS TO SEA SALT.



Adding a unique sea salt helps reduce sodium, without reducing flavor, in 45 *Campbell's*® Condensed soups . . . with more on the way!



It's amazing what soup can do.™

Campbell's

© 2010 CSC Brands LP

Scare Up a Party

Learn this candy lover's tricks for turning creepy store-bought sweets into party fixings.

BY RICHARD SWEARINGER | PHOTOS ANDY LYONS
FOOD STYLING JILL LUST



"Halloween is an excuse to be silly and have fun. Everyone is transformed when they walk in and see treats. Even *serious* people."

Dylan Lauren



The secret to a successful Halloween party is simple: "Do all your shopping in the candy aisle," says Dylan Lauren, cookbook author and candy store owner. "Everybody wants to be a kid again, and candy can make that happen," says Dylan, who is also the daughter of fashion designer Ralph Lauren and photographer Ricky Lauren.

These candy shish kabobs, *left,* function as centerpiece, treats, swizzle sticks, and party favors. Assemble them by threading soft candies onto bamboo skewers. Dylan suggests selecting a variety of sizes, including eye-catching pieces like the 3-inch gummi tarantulas. Hold sticks upright with an inch or two of jelly beans and sour balls in the bottom of a glass or vase.

MIX SWEET AND SALTY

Try serving a "witch's cauldron" of melted chocolate and pretzel rods, Dylan suggests. Let guests dip pretzels in the chocolate and then roll them in a selection of orange and brown sprinkles, candy corn, smoked almonds, crushed chocolate sandwich cookies, and Pop Rocks.

LIQUID COLOR

Dylan also loves to serve sports drinks and colorful sodas in Halloween oranges and greens. For those wanting a cocktail that also incorporates candy, try this:

BLACK WIDOW

3 Tbsp. vanilla vodka
1 Tbsp. black anise-flavor liqueur
1 Tbsp. espresso or double-strength black coffee
Ice cubes, black licorice wheels, gummi spiders

In a cocktail shaker, combine the vodka, liqueur, and espresso with ice cubes. Shake to mix and pour in a glass. Unwind the black licorice wheels slightly and attach them and the spiders to the rim of the glass. Makes 1 cocktail. ■



For more, read *Dylan's Candy Bar: Unwrap Your Sweet Life* by Dylan Lauren (Clarkson Potter, $35) or go to her candy store website *dylanscandybar.com*.


Test Today
you were born ready!
Mom
Kellogg's
RICE KRISPIES TREATS
CRISPY MARSHMALLOW SQUARES
THE Original
Send a little love
WITH THE Classic, Simple Treats™
®, TM, © 2010 Kellogg NA Co.

food recipes

FROM DINNER IN WITH NIGELLA



Meet Nigella

Television personality and best-selling author Nigella Lawson loves weekend cooking. "One of the benefits of the weekend is that you have the luxury of time. It's liberating to make something that takes a long time to cook," she says. And when she entertains, her main focus is on enjoying the process—making a delicious meal and then sharing it with friends. "It is very important to enjoy the cooking and not to turn it into drudgery," she says. "Allow yourself time to enjoy being in the kitchen."

Besides writing a number of best-selling cookbooks, Nigella also hosts several cooking shows. Her most recent book is *Nigella Kitchen: Recipes from the Heart of the Home*. Her Food Network show by the same name will premier this fall. Nigella lives in London with her family.

Avocado Quesadillas

PREP 15 min. COOK 2 min./quesadilla

- 4 soft flour or corn tortillas
- 4 oz. Manchego cheese, sliced
- 1 avocado, pitted, peeled, and cut into chunks
- 16 canned or jarred jalapeño slices

1. Place 1 tortilla on a work surface. Place about a quarter of the cheese on one half, not too near edge so cheese will not melt out as it cooks.
2. Top cheese with a quarter of the avocado and four jalapeño slices. Fold tortilla in half over filling to form a semicircle.
3. Heat a grill pan or skillet over medium heat. Slide uncooked quesadilla onto the pan. Squish down with a weight or just press briefly with a spatula. Cook 1 minute, then flip the quesadilla and grill 1 minute more or until cheese is melted.
4. Transfer the quesadilla to a cutting board and slice into 6 wedges. Serve immediately. Repeat with remaining ingredients. Make 24 wedges.

EACH WEDGE *42 cal, 2 g fat, 3 mg chol, 109 mg sodium, 4 g carbo, 1 g fiber, 1 g pro.*

Mustard and Ginger Cocktail Sausages

PREP 15 min. BAKE 25 min. OVEN 350°F

If you can't find the ginger conserve, substitute orange marmalade adding 1 teaspoon ground ginger and 2 teaspoons freshly grated ginger.

- ½ cup ginger conserve
- ½ cup whole grain mustard
- 1 Tbsp. garlic-flavor olive oil
- 1 Tbsp. soy sauce
- 1½ to 1¾ lb. cooked or smoked cocktail sausages

1. Preheat oven to 350°F. Line a shallow baking pan with aluminum foil, or use a disposable foil pan. In a large bowl, whisk together the ginger conserve, mustard, garlic-flavor oil, and soy sauce.
2. Turn the sausages in the mustard mixture. Arrange on prepared pan. Cook 25 to 30 minutes or until browned, stirring once during cooking. Makes 6 servings + leftovers.

EACH SERVING *249 cal, 18 g fat, 48 mg chol, 750 mg sodium, 8 g carbo, 0 g fiber, 12 g pro.*

Ruby Salad with Mustard-Pot Dressing

START TO FINISH 15 min.

Nigella makes this dressing right in a mustard pot or jar that's almost empty—it's a great way to use up all the remaining mustard in the pot. You can also mix the ingredients together in any clean, small jar, adding Dijon mustard.

- 8 cups arugula
- 6 cups ruby chard or other red-toned tender leaf salad
- One nearly empty Dijon mustard pot or jar (or ½ tsp. Dijon mustard)
- 1 Tbsp. red wine vinegar
- 4 Tbsp. extra virgin olive oil
- ½ tsp. honey

1. Combine arugula and ruby chard in a salad bowl.
2. Pour vinegar, oil, and honey into the mustard pot, and add a pinch of *salt*. (Or add the vinegar, oil, mustard, honey, and salt into a jar.) Top with the lid and shake to mix the ingredients well.
4. Pour over salad greens; toss gently and thoroughly to dress all the greens. Serve at once. Makes 6 servings + leftovers.

EACH SERVING *50 cal, 5 g fat, 0 mg chol, 59 mg sodium, 2 g carbo, 1 g fiber, 1 g pro.*

All recipes (excluding salad) from *Nigella Kitchen* by Nigella Lawson. Copyright © 2010. Published by Hyperion. Available wherever books are sold. All Rights Reserved.

MADE TO ORDER

"While I have no desire to be a short-order chef, I rather like standing comfortably by my stove grilling quesadillas and handing them out hot," Nigella says. "If you want the grill marks to come through clearly, it will help if you weigh the quesadilla down with a heavy saucepan or a brick wrapped in foil as it cooks."

LITTLE PIGGIES

"I can never resist a cocktail sausage as an appetizer, and I couldn't quite contemplate a party without them," Nigella says. "I adore the rich pungent heat of the ginger conserve that—along with the sharp hit of mustard—wraps itself like an aromatic blanket around the little sausages."

"One Ultra Dawn is as strong as two of the other guy? That's not half bad..."

-The Sponge



Ultra Dawn® is ultra strong. One 14-oz. bottle of Ultra Dawn has the grease cleaning power of two bottles of the leading 16-oz. non-concentrated brand.

Dawn does more, so it's not a chore.™

©2010 P&G

Pappardelle with Butternut Squash and Blue Cheese

START TO FINISH 45 min.

- 1 large butternut squash, 2¾-3¼ lbs., or 1¾ lbs. ready-cubed (6 cups)
- 1 large onion, finely chopped
- 2 Tbsp. olive oil
- ¾ tsp. smoked paprika
- 1 Tbsp. unsalted butter
- 3 Tbsp. Marsala
- ½ cup water
- ⅔ cup pine nuts
- 1 lb. pappardelle or other robust pasta
- 6 fresh sage leaves
- 5 oz. soft blue cheese, such as Saint Agur

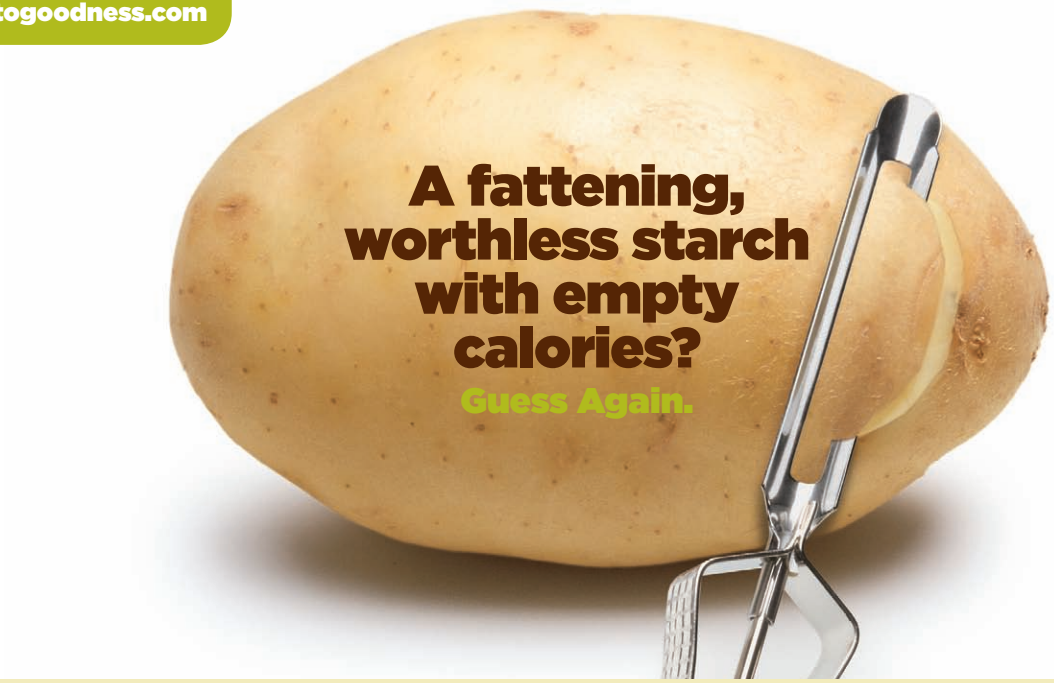
1. Peel, halve, and seed the butternut squash; cut into roughly 1-inch cubes.
2. Cook onion in olive oil in a large, heavy saucepan that can accommodate the pasta later. When the onion starts to become golden, add the paprika.
3. Stir butter and squash into onion mixture in pan. Add Marsala and water. Bring to a simmer. Cover and reduce heat. Simmer about 10 minutes or until squash is tender but still holds its shape.
4. Meanwhile, bring a large saucepan of water to boiling; add hefty pinch of *salt*. Cook pasta according to package directions. Toast pine nuts in a hot, dry frying pan on the stove top until dark gold. Pour them into a bowl or onto a plate to cool.
5. Lightly season squash mixture to taste with *salt* (the blue cheese will add additional saltiness). Remove from heat.
6. Finely chop sage; sprinkle over the squash, reserving some for serving.
7. Remove about ½ cup of the pasta cooking water with a ladle or mug; drain pasta. Add drained pasta to the squash mixture. Gently stir to combine. If sauce is too dry or mixture won't come together, add some of the reserved cooking water; the starch in it encourages the sauce to emulsify and cling to the pasta. Stir in most of the pine nuts and blue cheese. Transfer to a large serving bowl. Sprinkle with remaining sage, pine nuts, and cheese. Makes 6 (1½-cup) servings + leftovers.

EACH SERVING *409 cal, 17 g fat, 15 mg chol, 325 mg sodium, 55 g carbo, 5 g fiber, 13 g pro.*

PASTA PICKS

"For me this dish is indisputably at its best with pappardelle—those wide, hefty ribbons that sometimes come with one ruffled edge," Nigella says. "Rigatoni, the oversized corrugated tubes, could also work. Just bear in mind that with a sauce so richly resonant with the sweet squash paired with the salty-sharp cheese the pasta must be robust."

Visit the all-new
potatogoodness.com



© 2010 United States Potato Board. All rights reserved.

It's time to peel back the truth.

NIGELLA'S WARM BRISKET SANDWICH

Reheat the meat in a little of the gravy. Cut two thick slices of bread. Dip one slice in the gravy and place wet-side up on a plate. Top with meat and a dollop of horseradish sauce. Use the remaining slice to wipe out the gravy dish and sit the sopping slice wet-side down on top of the beef. Eat this moist sandwich right away.

Texas Brisket

PREP 20 min. BAKE 3½ hours OVEN 325°F

- 3 medium or 2 large onions
- 1 4½- to 5½-lb. fresh beef brisket (not salted)
- ¼ cup apple cider vinegar
- ¼ cup soy sauce
- ¼ cup liquid smoke
- ¼ cup Worcestershire sauce
- ¼ cup steak sauce (such as A1)
- ¼ cup strong brewed black coffee or 1 double espresso

1. Preheat oven to 325°F. Slice onions and arrange in center of a roasting pan that will hold the brisket snugly. Place brisket on top, fat side up.
2. Whisk together the remaining ingredients; pour over brisket. Cover pan with heavy aluminum foil, sealing it tightly. Bake 3½ hours or until tender.
3. Remove from oven; transfer meat to a cutting board and cover with foil.
4. Transfer onions to a blender with a ladle or two of liquid from the pan. Blend until smooth; stir back into remaining liquid in pan.
5. Slice brisket across the grain and then, if desired, cut the slices in half. Place slices in gravy in the pan. Store leftovers in a covered container in the refrigerator up to 3 days, or freeze up to 2 months.

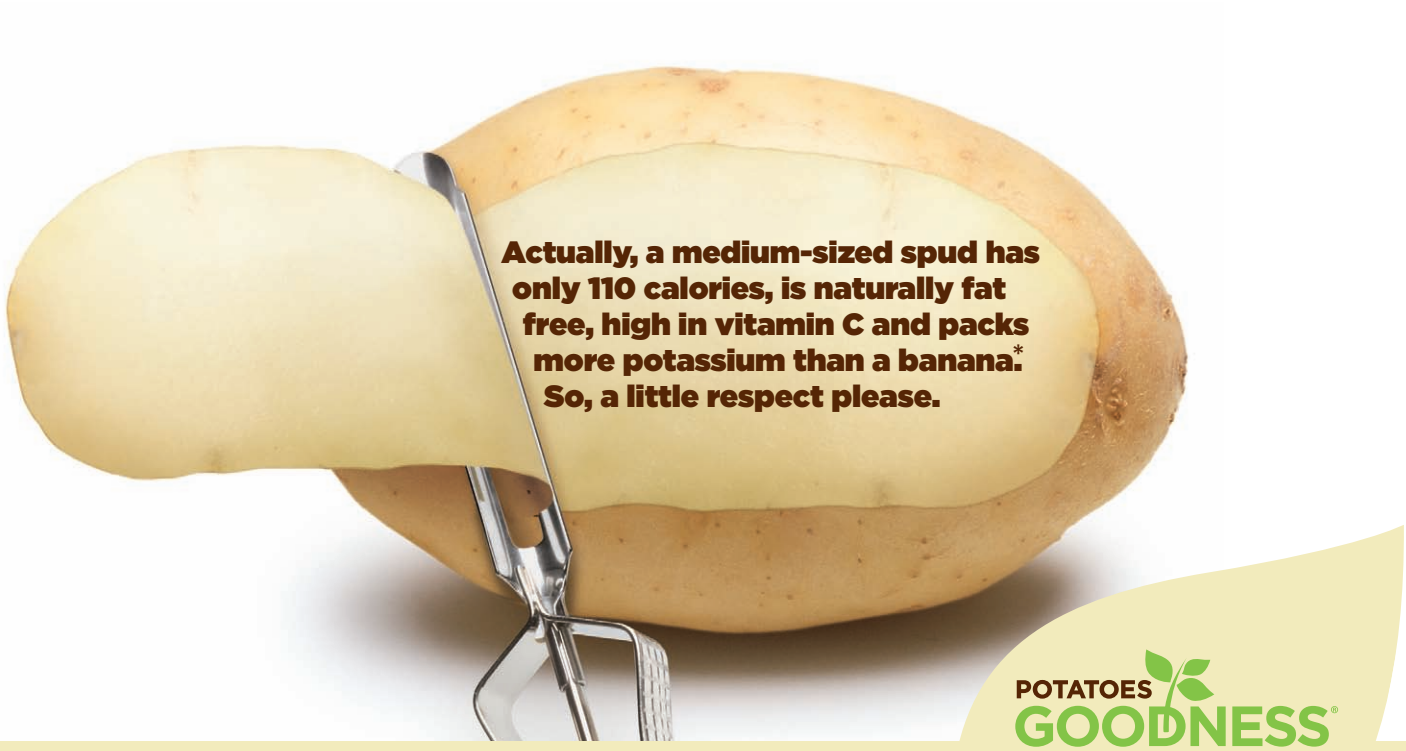
Reheat meat in the gravy in a 350°F oven in a pan covered with foil. Or microwave, covered, 30 seconds at a time until hot. Makes 6 servings + leftovers.
EACH SERVING *449 cal, 32 g fat, 115 mg chol, 606 mg sodium, 5 g carbo, 1 g fiber, 32 g pro.*

Pumpkin Scones

PREP 25 min. BAKE 15 min. OVEN 400°F

- ¾ cup canned pumpkin puree
- ½ cup grated Parmesan cheese
- ¼ cup butter, melted
- 1 egg
- 1 tsp. Worcestershire sauce
- ½ tsp. salt
- Ground white pepper or black pepper
- 2 tsp. chili-flavor oil
- 1⅔ cups all-purpose flour
- 2½ tsp. baking powder
- ½ tsp. baking soda
- Milk

1. Preheat oven to 400°F. In a large bowl combine the pumpkin puree, Parmesan, melted butter, egg, Worcestershire sauce, salt and pepper, and chili oil. Stir well to mix.
2. In another bowl, mix together flour, baking



POTATOES GOODNESS® UNEARTHED

Need more reasons to love potatoes?
Peel back the truth about this budget-friendly, naturally fat-free food and dig up simple 10-minute microwave recipes at **potatogoodness.com**

*Potato with skin.

© 2010 Newman's Own Inc.

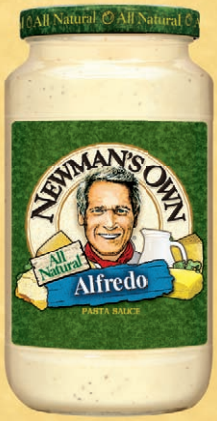
If pasta could fantasize, this would be noodle nirvana.



Newman's Own® All-Natural Alfredo Sauce.

Sure, all that fresh Italian cheese, crushed garlic, cracked black pepper and real cream is a bit decadent. We didn't skimp a bit with the all-natural ingredients. Which makes you think, if a noodle could use its noodle, Newman's Own Alfredo would have to be its fantasy.





All Profits To Charity.

Newman's Own Foundation continues Paul Newman's commitment to donate all profits to charity. Over $280 million has been given to thousands of charities since 1982.

Learn more about our mission at www.newmansownfoundation.org.

powder, and baking soda. Fold into pumpkin mixture and stir just until combined into a dough.
3. Turn dough out onto a lightly floured work surface. Pat to 1-inch-thick oval.
4. Cut dough into scones using a round 2-inch biscuit cutter dipped in flour. Place scones 1 inch apart on ungreased cookie sheet. Reform dough and repeat. You should get 12 scones.
5. Brush tops of scones with milk to glaze. Bake for 15 minutes or until golden. Cool slightly. Eat warm with butter if desired. Makes 6 servings + leftovers.
To Freeze Baked scones can be frozen in airtight containers or resealable bags for up to 1 month. Thaw for 1 hour at room temperature. Wrap scones in foil and reheat in a 300°F oven for 10 to 12 minutes. Unbaked scones can be put on cookie sheets lined with parchment paper and frozen until solid. Transfer to resealable bags and freeze for up to 3 months. Do not thaw before baking as directed in recipe, adding 2 to 3 minutes to baking time.
EACH SERVING *132 cal, 6 g fat, 31 mg chol, 316 mg sodium, 15 g carbo, 1 g fiber, 4 g pro.*





EASY FREEZE
"The pumpkin scones use about half a canful of the pumpkin puree. You can freeze the remaining half in a resealable plastic bag or an airtight container up to 3 months. Or make more scones to freeze and bake later when you want to charm with a batch of these breads," Nigella says. See freezing instructions, left.

Flourless Chocolate Lime Cake

PREP 40 min. BAKE 40 min. OVEN 350°F
COOL several hours

- 6 oz. bittersweet chocolate, chopped (1 cup)
- 1¼ sticks (10 Tbsp.) unsalted butter, softened
- 6 eggs
- 1¼ cups superfine sugar
- 1 cup almond meal/flour
- 4 tsp. unsweetened cocoa powder, sifted
- 1 lime, zest and juice
- Confectioner's sugar, (optional)
- Margarita Cream, page 244

1. Preheat oven to 350°F, line bottom of a 9-inch springform pan with parchment paper, and butter sides of pan.
2. Melt chocolate and butter together either in a heatproof bowl suspended over a saucepan of simmering water or in a microwave 30 seconds at a time until melted. Set aside to cool slightly.
3. With electric mixer, beat eggs and sugar together until about tripled in volume, pale, and mousselike.
4. Mix almond meal with cocoa powder. Gently fold into egg mixture, followed by the slightly cooled chocolate mixture. Fold in lime zest and juice.
5. Pour and scrape into prepared pan. Bake 40 to 45 minutes. The cake will be just firm on top but still have a bit of wobble underneath.
6. Remove from oven. Cool cake in pan on a wire rack. Once slightly cool, drape a clean kitchen towel over cake to stop it from getting too crusty, though a cracked and cratered surface is to be expected.
7. When completely cool, loosen cake edges from pan using a metal spatula or knife. Unmold and dust with confectioner's sugar. Serve with Margarita Cream. Makes 6 servings + leftovers.
EACH SERVING *497 cal, 38 g fat, 188 mg chol, 46 mg*



Add a salad.

Your taste buds will thank you.

Add a fresh salad with delicious all-natural Newman's Own® dressing to your dish for the perfect meal.



NEWMAN'S OWN®
www.newmansown.com

© 2010 Newman's Own Inc.



PERFECT PULLED PORK

INGREDIENTS

5 lbs. boneless pork butt shoulder
1 ½ tsp. smoked paprika
2 tsp. black pepper
1 tsp. cayenne pepper
1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

TheOtherWhiteMeat.com

pork®

pork checkoff ©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

sodium, 38 g carbo, 3 g fiber, 8 g pro.

Margarita Cream

PREP 20 min.

¼ cup lime juice (2–3 limes, or from a bottle)
1 Tbsp. tequila
1 Tbsp. triple sec or Cointreau
¾ cup confectioner's sugar
1 cup heavy cream

1. Stir the lime juice, tequila, and triple sec together in a large bowl. Whisk in the confectioner's sugar and let it dissolve in the liquid.
2. Whip cream in a separate bowl until it holds its shape. Whisk in the margarita mixture and keep whisking until mixture is light and aerated. Serve immediately with the Flourless Chocolate Lime Cake. Makes 6 (¼-cup) servings + leftovers.

EACH SERVING *127 cal, 9 g fat, 33 mg chol, 9 mg sodium, 11 g carbo, 0 g fiber, 1 g pro.*

Chocolate Orange Loaf Cake

PREP 20 min. BAKE 45 min. OVEN 325°F

1¼ sticks (10 Tbsp.) unsalted butter, softened
2 Tbsp. golden syrup (such as Lyle's) or dark corn syrup
1 cup dark brown sugar, packed
1 cup all-purpose flour
½ tsp. baking soda
3 Tbsp. unsweetened cocoa powder, sifted
2 eggs
Zest of 2 small oranges (1 Tbsp.) and juice of 1 small orange (3 Tbsp.)

1. Preheat oven to 325°F. Line a 9×5×3-inch loaf pan with parchment paper. Grease sides of pan or line with a paper loaf-pan liner.
2. In large bowl, with electric mixer beat the butter, syrup (brush a little oil on your tablespoon measure before measuring the syrup to help remove it from spoon), and sugar until fairly smooth.
3. In a separate bowl combine flour, baking soda, and cocoa powder. Beat 1 tablespoon of the dry ingredients into the syrup mixture, then beat in one egg. Add another couple of spoonfuls of dry ingredients before beating in the remaining egg.
4. Beat in remaining dry ingredients, and then add, while still beating, the orange zest. Gradually add the juice. The batter may look slightly curdled.
5. Pour batter into the prepared pan. Bake for 45 minutes (edges should look dry and center of cake may have dipped slightly). Cool in pan on wire rack. Carefully remove from pan and cool completely. Makes 6 servings + leftovers.

EACH SERVING *262 cal, 13 g fat, 73 mg chol, 87 mg sodium, 34 g carbo, 1 g fiber, 3 pro.*







FOR MORE

Learn about Nigella's other books featuring quick recipes, celebration favorites, and holiday dishes at Nigella.com.

MAKE AHEAD

The Chocolate Orange Loaf Cake can be baked up to 3 days ahead. Wrap tightly in plastic and store in airtight container. Will keep for 5 days total. To freeze, tightly wrap in a double layer of plastic wrap and a layer of aluminum foil. Keeps up to 3 months. Thaw overnight at room temperature.



Perfect Pulled Pork Sandwich

COME & GET IT.

When you've got a million things to do, it's nice to know dinner can take care of itself. After some quality time in your slow cooker, Perfect Pulled Pork will be fall-apart tender, mouthwateringly moist and ready to please! Find recipes, simple cooking tips and more at TheOtherWhiteMeat.com

pork®

pork checkoff ©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

FOR TYPE 2 DIABETES



Victoza® helped take my blood sugar and even my weight* down...

*Victoza® is not a weight-loss product.
Model is used for illustrative purposes only.

Indications and Usage:
Victoza® is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

Victoza® is not recommended as the first medication to treat diabetes. Victoza® is not insulin and has not been studied in combination with insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

Important Safety Information:
In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Inflammation of the pancreas (pancreatitis) may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works.

Also tell your doctor if you are allergic to any of the ingredients in Victoza®; have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding

novo nordisk®



and changed how I manage my type 2 diabetes.

Victoza® may help lower blood sugar—and can even lower your weight. Non-insulin Victoza®, along with eating right and staying active, can make a real difference. And Victoza® is used once a day anytime, with or without food.

Plus, it helps keep important cells in your pancreas that control blood sugar—called beta cells—working the way they should. Victoza® works by targeting beta cells to help lower blood sugar when it is high.

If you're ready for a change, talk to your doctor about Victoza® today.

or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea. The dose of your sulfonylurea medicine may need to be lowered while taking Victoza®.

The most common side effects with Victoza® include headache, nausea, diarrhea, and resistance to liraglutide (antibody formation). Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system-related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

Please see Brief Summary of Important Patient Information on next page.

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

Victoza® is a registered trademark of Novo Nordisk A/S.
© 2010 Novo Nordisk A/S. 140206 July 2010

To learn more, visit victoza.com or call 1-877-4-VICTOZA (1-877-484-2869).



Non-insulin • Once-daily

VICTOZA®

liraglutide (rDNA origin) injection

Make a Change Today

VICTOZA®

liraglutide (rDNA origin) injection

Important Patient Information

This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Only your doctor can determine if Victoza® is right for you.

WARNING

During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people. If MTC occurs, it may lead to death if not detected and treated early. Do not take Victoza® if you or any of your family members have MTC, or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in the body.

What is Victoza® used for?

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® has not been studied in enough people with a history of pancreatitis (inflammation of the pancreas). Therefore, it should be used with care in these patients.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with insulin.

Who should not use Victoza®?

- Victoza® should not be used in people with a personal or family history of MTC or in patients with MEN 2.

What is the most important information I should know about Victoza®?

- In animal studies, Victoza® caused thyroid tumors. The effects in humans are unknown. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed. Victoza® should be used with caution in people with a history of pancreatitis.
- Serious low blood sugar (hypoglycemia) may occur when Victoza® is used with other diabetes medications called sulfonylureas. This risk can be reduced by lowering the dose of the sulfonylurea.
- Like all other diabetes medications, Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes).

What are the side effects of Victoza®?

- Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath while taking Victoza®. These may be symptoms of thyroid cancer.
- The most common side effects, reported in at least 5% of people treated with Victoza® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea, diarrhea, and resistance to liraglutide (antibody formation).
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials.
- This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

What should I know about taking Victoza® with other medications?

- Victoza® slows emptying of your stomach. This may impact how your body absorbs other drugs that are taken by mouth at the same time.

Can Victoza® be used in children?

- Victoza® has not been studied in people below 18 years of age.

Can Victoza® be used in people with kidney or liver problems?

- There is limited data on using Victoza® in people with kidney or liver problems. Victoza® should be used with caution in these types of people.

Still have questions?

This is only a summary of important information. Ask your doctor for more complete product information, or

- call 1-877-4VICTOZA (1-877-484-2869)
- visit victoza.com

Victoza® is a registered trademark of Novo Nordisk A/S.

Date of Issue: Jan 2010
Version 1

©2010 Novo Nordisk A/S.
141826 June 2010

novo nordisk®

WE'RE LOOKING FOR OUR NEXT

$50,000 Home Makeover WINNER!





$50,000 Home Makeover

ONE CALL COULD CHANGE YOUR LIFE.

FIND OUT WHAT **RETAILERS DON'T** WANT YOU TO **KNOW**:

- ✔ Every Time You Pay Retail Prices, You Pay Hidden Retail Mark-up.
- ✔ At DirectBuy Club, You Never Pay Hidden Retail Mark-Up.
- ✔ Pay Direct From The Manufacturer Prices and Avoid Hidden Retail Mark-up Forever.
- ✔ One Visit To DirectBuy Club Could Save You Thousands Or More.

At **DirectBuy Club**, you never pay Hidden Retail Mark-up. That's why we say, one visit could save you thousands or more. And now with one phone call, you could become the next **$50,000 Home Makeover Winner!**

Call **800.753.0227**. We'll mail you a Key and Invitation to the **DirectBuy Club** nearest you. If your key opens the lock at the **DirectBuy Club**, you've just won the **DirectBuy Club 50K Makeover!**

DIRECT INSIDER PRICES
DirectBuy®
The Home Improvement & Furnishings Club

Call 800.753.0227
or visit **DirectBuyLiving.com**

No purchase necessary. Promotion ends 12/31/10. Open ONLY to named addressees of this offer who are 21 or older, legal residents of the 48 US & DC and have a total annual gross income at or above $35,000. Total number of pieces distributed nationally: 1.5 MIL. odds of winning GP: 1:500,000. Not valid in all states. Visit www.makeoverrules.com for participating locations and full official rules. Promotion subject to full official rules. Void where prohibited. Current members of DirectBuy or UCC TotalHome, previous visitors and employees of national program sponsor and or/local program sponsor are ineligible.

McCormick®

Live deliciously™



79 varieties

7 days a week

Nothing but delicious

Real Food Made Easy.™

For more great-tasting recipes, visit mccormick.com or call 1-800-MEAL-TIPS

©2010 McCormick & Co., Inc.



Winter squashes appear in stores in early fall. Enjoy their meaty, slightly sweet flesh mashed like potatoes with butter, salt, and pepper. They're also good roasted or baked.

FROM PAGE 195

Baked Butternut Squash with Thyme

START TO FINISH 40 min. OVEN 350°F

- 2 butternut squashes (about 2 lbs. each), halved lengthwise and seeded
- 4 Tbsp. butter
- 1 tsp. coarse salt
- 3 to 5 fresh thyme sprigs

1. Preheat oven to 350°F. Lightly oil a large shallow baking pan. Place squash, cut side up, in pan. Place 1 Tbsp. of butter in each squash half. Sprinkle with salt and top with thyme sprigs. Bake 30 to 40 minutes or until tender. Remove from oven and let cool slightly.

2. Slice squash into individual servings or scoop out flesh from squash into a bowl (discard skin and thyme sprigs). Makes 8 servings.

EACH SERVING *137 cal, 6 g fat, 15 mg chol, 249 mg sodium, 22 g carbo, 4 g fiber, 2 g pro.*





AN EASY 'NUT' TO CRACK

To cut hardshell squashes like this butternut, lay squash on a cutting board. With a large, sturdy knife slice off stem end. Next cut a thin slice from a rounded side so squash won't roll. Cut in half by working blade through squash with a firm rocking motion. Scoop out seeds—squash is ready to cook.

Two new mouthwatering ideas. Still only $3 per serving.
For more low-cost, high-flavor meal ideas, visit mccormick.com/value







McCormick

†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.

©2010 McCormick & Co., Inc.

© 2010 Zatarain's

ADD A LITTLE JAZZ TO YOUR DINNER LINEUP.



From side dishes to dinner mixes, Zatarain's is the perfect way to bring all the fun and flavor of New Orleans to any meal.

ZATARAIN'S®
A New Orleans Tradition • Since 1889
zatarains.com

JAMBALAYA • RED BEANS AND RICE • DIRTY RICE • YELLOW RICE • SPANISH RICE • RICE PILAF • CHEDDAR BROCCOLI • BEEF • CHICKEN

Enter to Win

Your recipe could win $500 in our Prize Tested Recipes® Contest. (See page 254.)

Enter original (never before published) recipes in Prize Tested Recipes contest, which features two new categories each month.

MONTHLY PRIZES
Two $500 winners. One $250 Mixing Bowl People's Choice winner.

May 2011 Categories

JAMS, JELLIES & PRESERVES Capture the flavor of fresh fruits and berries when in season by preparing a spread for future enjoyment. Or stash away some excellent holiday gifts for family and friends. Freezer jams are also suitable entries. If you like, combine two or three fruits to make a tasty flavor blend and add a spice or herb to make your spread unique. Another idea: Start with a fruit juice or wine to make a clear, shimmering jelly. Send us your most creative idea.

CHICKEN THIGHS AND DRUMSTICKS Share your best recipe for grilled, broiled, simmered, or fried chicken thighs or drumsticks. Planning to grill? Tell us what you use for a marinade, herb rub, or basting sauce. How about simmering chicken in a skillet with some veggies and whole grains? Maybe your recipe is for fried or baked chicken that's seasoned with a unique spice combination.

This Month's Winners (see pages 254-256)

$400 WINNERS Jeffrey Cifranic, Parma, OH; Janice Elder, Charlotte, NC

$200 WINNERS Jaimee Campbell, Rice Lake, WI; Puspa Mistry, Laurel, MD

$50 HONOR ROLL WINNERS Margee Berry, Trout Lake, WA; Anjana Mishra, Miami, FL; Laura Maguire, Phoenix, AZ; Donna Mott, Fresno, CA; Colleen Turi-Donado, West Milford, NJ; Ina Istisawati, Grand Prairie, TX; Wendy Preo, West Lafayette, IN; Melissa Veronica, Williamsville, NY; Kathleen DiSabatino, Davie, FL; Michelle Schwalm, Akron, OH

Contest Details

Subject to Official Rules at BHG.com/recipe/memberRecipes and Mixingbowl.com/grp/PrizeTestedRecipesJamsChickenDishes. No purchase necessary. Open to legal U.S. residents, 18 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, IA.

ENTRY The May 2011 Contest begins 9/15/2010 and ends 10/23/2010. Online: Enter at BHG.com/PTRecipes or submit the entry information in an e-mail to PTR@meredith.com. Online and e-mail entries must be received by 11:59 p.m. C.T. on 10/23/2010. By Mail: Send entries by postal mail to: 0511 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Mail entries must be postmarked on or before 10/23/2010 and received by 10/31/2010.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in either of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes. Entry must: (1) include recipe name and the number of servings that the recipe yields, (2) use ingredients that are available in most grocery stores; (3) list ingredients with measurements in order of use; (4) include step-by-step preparation and cooking directions; (5) include entrant name, age, complete address with zip code, and telephone number with area code; and e-mail address is optional. Mixing Bowl entries must include a photo of the prepared recipe.

BORN TO BE MILD



Looking for the milder side of New Orleans? Serve up Zatarain's Mild Jambalaya with all the flavors of New Orleans that your family is sure to love.



zatarains.com

© 2010 Zatarain's

Snacks to Supper

Gear up for the big game or serve a pasta dinner with these winning dishes from BHG readers.

BY ERIN SIMPSON | PHOTOS BLAINE MOATS | FOOD STYLING GREG LUNA



PTR WINNER

Janice Elder

Charlotte, NC

A box of salted caramels inspired Janice to create these glazed nibbles. "I liked how the salty and sweet flavors worked together, so I decided to incorporate them—combining caramel and soy sauce as a glaze for salmon," she says.



$400 PRIZE: TAILGATE NIBBLES

Caramelized Salmon Skewers

- ¼ cup purchased caramel-flavor ice cream topping
- 1 Tbsp. soy sauce
- 1 Tbsp. Dijon-style mustard
- 1 Tbsp. lime juice
- 1 1¼- to 1½-lb. salmon fillet, skinned
- Lime wedges (optional)
- Freshly ground black pepper (optional)

1. At least 30 minutes before grilling, soak twelve 6- to 8-inch wooden skewers in water. Drain; set aside. For sauce, in small bowl stir together caramel topping, soy sauce, mustard, and lime juice; set aside.
2. Rinse salmon; pat dry with paper towels. Cut salmon in half lengthwise, then cut each piece crosswise into 6 pieces (12 pieces total). Sprinkle with *salt* and *pepper.* Thread one salmon piece onto each wooden skewer.
3. For charcoal grill, arrange skewers on the greased rack of uncovered grill directly over medium coals. Brush generously with sauce. Grill 3 minutes. Turn; brush with remaining sauce. Grill 3 to 5 minutes more or until fish flakes easily with a fork. (For gas grill, preheat grill. Reduce heat to medium. Arrange skewers on greased grill rack. Cover; grill as above.) Serve with lime wedges and sprinkle with pepper. Makes 12 servings.

PTR WINNER

Jaimee Campbell

Rice Lake, WI

Jaimee whipped up this dip as a lower-calorie spin on guacamole. "A friend had turned me on to edamame when I was working to lose baby weight, so I decided to try it with avocado," Jaimee says. She had pesto in the freezer, so she added it for flavor. "You could also use fresh basil if you have it on hand," she says.

$200 PRIZE: TAILGATE NIBBLES

Edamame-Avocado Dip

- 1 12-oz. pkg. frozen shelled edamame (sweet soybeans), thawed
- 1 medium avocado, halved, seeded, peeled, and cut up
- ¼ cup chopped onion
- 3 Tbsp. lemon juice
- 2 Tbsp. purchased basil pesto
- ¾ tsp. sea salt or kosher salt
- ¼ tsp. freshly ground black pepper
- Chopped tomato (optional)
- Pita chips or tortilla chips

1. In a food processor combine edamame, avocado, onion, lemon juice, pesto, the ¾ teaspoon salt, and the ¼ teaspoon pepper. Cover and process until well combined and nearly smooth. Place dip in an airtight container; cover. Chill until serving time.
2. To serve, top with chopped tomato and additional sea salt and pepper. Serve with pita or tortilla chips. Makes2 ½ cups dip (twenty 2-tablespoon servings).

®,TM, © 2010 Kellogg NA Co.

This is not a burger. It's better.

It tastes like a burger. It grills like a burger. But with 57% less fat, it's better for you than a burger. 'Cause this is a Morningstar Farms® meatless griller. That's right, meatless. So now you can enjoy that grilled burger taste you love, and everything that comes with it.



57% LESS FAT

Morningstar Farms® Grillers® Original Burgers (6g total fat per 64g serving) contain 57% less fat than regular ground beef (14g total fat per 64g serving).



Now that's more like it.™



$400 PRIZE: STUFFED PASTAS

Cheesy Shell-Stuffed Shells

- 24 dried jumbo shell macaroni
- 8 oz. dried tiny shell macaroni (2 cups)
- 2 cups Gruyère cheese, shredded (8 oz.)
- 2 cups shredded sharp cheddar cheese (8 oz.)
- ¾ cup half-and-half or light cream
- ⅛ tsp. ground white pepper or pepper
- 1 24-oz. jar vodka sauce or your favorite tomato pasta sauce
- 4 oz. brick cheese or mozzarella cheese, shredded (1 cup)
- Fresh basil leaves (optional)

1. Preheat oven to 350°F. Cook jumbo shells according to package directions. Using a large slotted spoon, transfer shells to a colander. Rinse with cold water; drain well and set aside. In same pan cook tiny shells according to package directions. Drain; set aside.
2. Meanwhile, in a large saucepan combine Gruyère cheese, cheddar cheese, half-and-half, and pepper. Heat over medium-low heat until cheese is melted and smooth, stirring frequently. Stir in tiny shells.
3. Spread about ½ cup of the pasta sauce in the bottom of a 3-quart rectangular baking dish. Spoon cheese-shell mixture into drained jumbo shells; place stuffed shells in prepared baking dish. Top with remaining pasta sauce.
4. Bake, covered, for 30 minutes. Uncover and sprinkle with brick cheese. Bake, uncovered, about 15 minutes more or until heated through. Let stand 10 minutes before serving. Top with fresh basil. Makes 6 servings.

PTR WINNER

Jeffrey Cifranic

Parma, OH

Jeff says he came up with this recipe as a way to serve something beyond the usual stuffed pasta. "I thought it'd be fun to do little cheesy shells stuffed in a big shell," Jeff says. "And I chose to add Gruyère cheese because I love its sharp flavor and the way it strings out." The dish has since become a hit at potlucks. "It's also a good meatless dish," he says.

PTR WINNER

Puspa Mistry

Laurel, MD

While making dinner for her family, Puspa invented this stuffed-pasta dish. "I usually just come up with things in my mind and throw a dish together," Puspa says. "I made this for dinner one night, and my husband and son said to write this one down. So I did."



$200 PRIZE: STUFFED PASTAS

Chicken Enchilada Pasta

- 1 12-oz. pkg. dried jumbo shell macaroni
- 3 large green and/or red sweet peppers, chopped
- 1½ cups chopped red onion
- 1 jalapeño chile pepper, seeded and chopped
- 2 Tbsp. vegetable oil
- 2 cups chopped cooked chicken
- 1 16-oz. can refried beans
- ½ of a 1.25-oz. envelope taco seasoning mix (3 Tbsp.)
- 2 10-oz. cans enchilada sauce
- 1 8-oz. pkg. shredded Mexican-style four-cheese blend
- 1 cup sliced green onions
- 2 cups nacho cheese-flavored tortilla chips, crushed (2 oz.)
- Avocado dip and/or sour cream

1. Preheat oven to 350°F. Cook pasta according to package directions; drain. Rinse; drain and set aside.
2. In skillet cook peppers, onion, jalapeño, and ¼ tsp. *salt* in hot oil over medium heat 5 minutes or until tender. Stir in chicken, beans, seasoning mix, and ½ *cup* enchilada sauce. Cook and stir 5 minutes. Stir in ½ *cup each* of the cheese and green onions.
3. Divide filling among shells. Spread 1 cup of the remaining enchilada sauce in 3-quart rectangular baking dish. Arrange shells atop sauce. Drizzle with remaining enchilada sauce.
4. Bake, covered, 30 minutes. Uncover; sprinkle with remaining cheese. Bake 5 minutes more or until cheese melts. Sprinkle with chips and remaining green onions. Serve with avocado dip and/or sour cream. Makes 8 to 10 servings. ■

Who Would You Bake Some Love for?

The last time my son had his best friend sleep over, they decided to bravely "camp out" in the living room. I waited until they set up camp, then surprised them with a batch of Toll House® cookies. They loved it! Now I make sure I have it in the fridge for every sleepover.



Share your stories and read others at
TOLLHOUSE.COM

AMERICA'S FAVORITE CHOCOLATE CHIP COOKIE

Nielsen. Based on 2009 Grocery Dollar Sales.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



You're eating heart healthy.

Campbell's® Healthy Request® soup. Make it a heart-warming part of your heart-healthy diet. Low cholesterol, healthy levels of sodium, and zero grams trans fat. 25 soups we put our hearts into creating.



American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

It's amazing what soup can do.™

Campbell's® Healthy Request®

©2010 CSC Brands LP While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

BETTER

Forward March

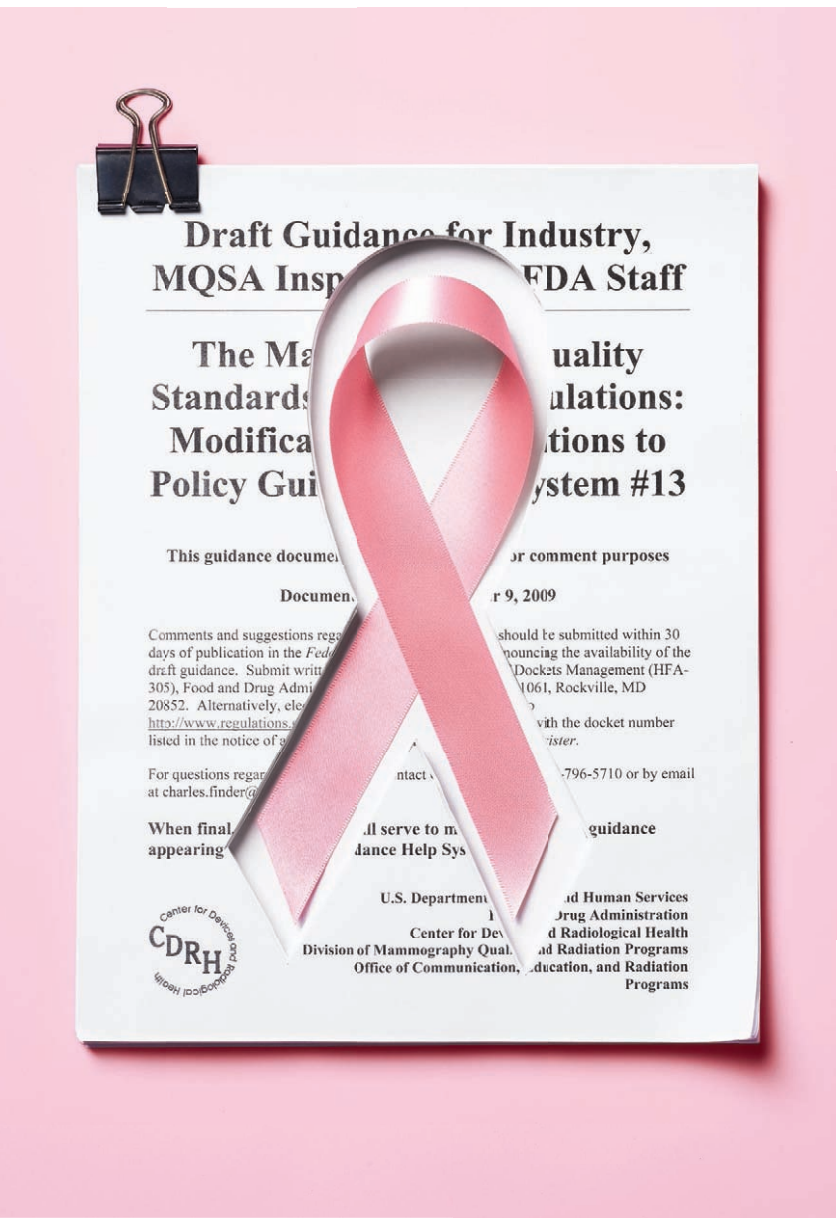
October is National Breast Cancer Awareness Month, placing the battle at the forefront of our thoughts. Only this year, thousands of women are upping the ante and turning awareness into action. How? By teaming with Susan Love, M.D., president of the Dr. Susan Love Research Foundation, who's recruiting an army of 1 million women to help scientists identify what causes the disease. "I've been in this field 30 years, and we still have no idea why breast cancer really occurs," Dr. Love says. "It's not enough to look at only breast cancer patients and survivors—we need to study healthy women, too." To learn how you can help, go to BHG.com/armyofwomen.



Testing, testing

Mammograms came under scrutiny in 2009, when an influential panel of health experts found that the screenings often do more harm than good. One year later, how are the new rules holding up?

BY ELIZABETH WHITTINGTON | PHOTOS LEVI BROWN



In a strange twist of fate, Kathy Smith's breast cancer journey began when her closest friend was diagnosed in 2006. "Valerie called me up and said, 'Are you sitting down? I just found out I have cancer,'" remembers Kathy, a nonprofit development coordinator and mother of two in Chicago. Though her friend's prognosis was good, the news hit a little too close to home. "I was stunned. Valerie was only 44—a year younger than I was," says Kathy. "Almost as soon as I got off the phone with her, I called my doctor and scheduled a mammogram for myself." Kathy didn't realize how urgently she needed that appointment. Her own mammogram would reveal a cluster of suspicious cells rapidly multiplying on her chest wall: an invasive form of breast cancer classified as stage IIB.

By November of last year, after undergoing chemotherapy and a mastectomy, Kathy was finally in remission (and so was her friend). Then she saw a news report that made her blood run cold. An influential panel of health experts known as the U.S. Preventive Services Task Force had come forward with two startling conclusions: Most women in their 40s shouldn't bother getting mammograms because the screenings may do more harm than good. And women over 50? The majority can skip their mammograms every other year.

"I wondered, *Why would anyone make such changes?*" says Kathy. "Valerie and I owe our lives to routine mammograms. If we had followed these insane recommendations, we might not be here today."

Every
69 SECONDS
a woman
DIES of breast cancer.



Susan G. Komen for the Cure® is working to change this. Last year alone we funded 500,000 breast screenings. We helped 100,000 people financially through treatment. We educated 4 million about breast cancer. We invested $60 million in breast cancer research. And we did it in more than 50 countries around the world. Komen for the Cure is the only organization fighting breast cancer on every front: education, advocacy, research and community support.
But we still have far to go to stop the ticking clock.

Don't wait another 69 seconds to save a life. We're making progress, but there's much more to do, and we need your help.

Learn how to help today. Visit komen.org.

SUSAN G. KOMEN FOR THE CURE®

©2010 Susan G. Komen for the Cure® The Running Ribbon is a registered trademark of Susan G. Komen for the Cure.

Find us

®, TM, © 2010 Kellogg NA Co.



Jeans don't lie.

The best way to tell how great you look is in your jeans. Drop a jean size in 2 weeks.

Take The *Special K Challenge*™.

Special K®

Consult your physician before starting any diet or exercise program. Average waist circumference reduction when replacing meals with two cereal meals is 1.3 inches. Weight loss may vary.

"Many of my patients decide to forgo annual mammograms, but some look at me like I'm crazy and want one every year."

Catherine Shanahan, M.D.

CONFUSION AND CONTROVERSY

Mammograms were once a no-brainer: Start when you're 40 and go every year after that. But the 2009 guidelines were tougher to parse. If most women in their 40s don't need mammograms, how do you know if you're in the minority who does? It didn't take long for confusion to boil over into outrage. Advocates staged protests from California to Maryland. Celebrities such as Sheryl Crow and Olivia Newton-John, both diagnosed with breast cancer in their 40s, took to the airwaves and fiercely defended annual screenings. And with rumors swirling that private insurance companies might drop mammography coverage, Congress passed an amendment to the Health Care Reform Bill specifically mandating that the task force's guidelines be ignored.

Members of the task force tried to do damage control. The guidelines weren't meant to discourage women from getting mammograms, they said. The aim simply was to raise awareness of the drawbacks of mammograms (like the risk of false positives) and get women talking to their physicians. Maybe you need a mammogram; maybe you don't—and that's something only you and your doctor can decide.

Fast-forward to 2010, however, and women and doctors seem to be experiencing communication breakdown. Catherine Shanahan, M.D., a physician at the Family Health and Wellness Center at Bedford in New Hampshire, says she adopted the guidelines last year, trading a one-size-fits-all mammogram regimen for individual discussions with her patients about the procedure. Results so far have been mixed. "Women come in with a lot of confusion about the new guidelines," Dr. Shanahan reports. "So I explain that getting a mammogram means potentially finding and treating something that *isn't* cancer or is a nonagressive type of cancer that would otherwise go away on its own. On the other hand, *not* getting a mammogram means potentially missing a cancer that will kill you. After considering all these factors, many of my patients ultimately decide to forgo annual mammograms. But some just look at me like I'm crazy and want one every year."

Self-Exams: Beneficial or Bunk?

The answer hangs somewhere in the middle. Last year the U.S. Preventive Services Task Force determined that monthly breast self-exams don't save lives. In fact, research shows that such exams often lead to unnecessary mammograms and biopsies. That said, it's important for women to be in tune with their bodies, says Laura Esserman, M.D., a breast surgeon at the University of California in San Francisco. To that end, she recommends doing a self-check after a clean mammo or clinical exam to get a sense of what "normal" feels like. "Breasts can be naturally lumpy and bumpy," Dr. Esserman notes. If at any point afterward you notice changes in your breasts or underarm area—including lumps, pain, nipple discharge, or skin discoloration—alert your doctor immediately.

Now, get a good source of fiber in many of your favorite Special K® products.*

MEAL 1: *Special K®* Cereal



SNACK 1: *Special K™* Protein Water Mix



MEAL 2: *Special K™* Protein Meal Bar



SNACK 2: *Special K™ Crackers*



MEAL 3: Veggie Burger with Gruyére and Mushrooms



Design your plan at specialk.com today.

Special K®

®, TM, © 2010 Kellogg NA Co.

*Excludes Special K® Original Cereal and Special K® Cereal Bars.

"Getting a mammogram is a choice that should involve an in-depth conversation with your doctor."
Eric Winer, M.D.

Results of a doctor–patient online survey recently published in the *Annals of Internal Medicine* mirror Dr. Shanahan's experience. Fully 67 percent of doctors who responded said they would stop offering routine mammograms to women in their 40s. Meanwhile, only 29 percent of female patients said they would willingly scale back the frequency of their screenings—no matter what their doctors advised. One patient who responded couldn't contain her disbelief, writing, "I really have to wonder what members of the task force were smoking when they came up with these recommendations."

Perhaps even more unsettling is that some women seem to be giving up on mammograms without consulting their doctors. A February 2010 questionnaire from the Avon Foundation for Women found that among breast cancer health educators around the country, about a quarter have noticed fewer patients under 50 seeking mammograms since the task force guidelines went public. How many at-risk women are falling through the cracks?

AN IMPERFECT APPROACH

Make no mistake: In terms of cost, availability, and accuracy, mammography is among the best tools for detecting breast cancer. But it's far from perfect. For every 2,000 women who undergo annual mammograms in their 40s, roughly half will get a false positive result at some point. This often leads to unnecessary follow-up procedures such as biopsies, plus general anxiety that can persist for years, according to one study at the University of North Carolina. Cumulative radiation exposure is another concern.

An interesting picture starts to emerge when you compare that with the cancer stats. For every 1,904 women who receive annual mammograms in their 40s, one woman's life will be saved. (At the same time, testing 1,339 women in their 50s saves one life.) The task force looked at these numbers and concluded that for younger women overall, mammograms deliver more minuses than pluses. Problem is, not everyone agrees. Organizations such as the American Cancer Society examined the same data and had a different take. Otis Brawley, M.D., the society's chief medical officer, asserted in a statement, "...In both cases, the lifesaving benefits of screening outweigh any potential harms."

PERSONALIZED PROTOCOL

Now health experts are trying to move beyond the brouhaha and rally around a simple message: When it comes to mammograms, don't make any sudden decisions before talking to your doctor about your breast cancer risk factors, lifestyle, and comfort level with the possibility of false positives. (For an approximate look at your breast cancer risk, take the quiz on page 267.) "The task force guidelines were never meant to be prescriptive," explains Eric Winer, M.D., chief of the women's cancer division at Dana-Farber Cancer Institute in Boston. "The decision to get a mammogram is an individual—and sometimes difficult—choice that should involve an in-depth conversation with your doctor."

Kathy Smith, for one, is grateful she decided to get screened in her 40s. Today she is working with a nonprofit group called A Silver Lining Foundation, which helps provide breast cancer education and free mammograms to underserved women. "I was one of the lucky ones," Kathy says. "Now I'm committed to ensuring all women are informed about their options."

Elizabeth Whittington is the managing editor of CureToday.com.

BEFORE YOU GO

Screening Savers

While no diagnostic technique will ever be perfect, there are some steps you can take to make your mammogram as accurate as possible.

1. Schedule your screening for the first two weeks of your cycle, when breasts are less dense. If you're postmenopausal, schedule your appointment for the same time every year.
2. Try to make an appointment at a facility dedicated to breast screening; such centers have better accuracy rates.
3. Research links caffeine to lumpy breasts, so avoid coffee, tea, and other caffeinated drinks for about a week before your screening.
4. The day of your mammogram, avoid wearing deodorant, perfume, powder, or lotion. These substances can interfere with the X-ray, altering the image.
5. Studies show that comparison aids in reading accuracy, so make sure the lab has copies of previous mammograms and ask that new images are read against those.



For fast, long-lasting relief, tell mucus to take a hike.

When mucus causes coughing and chest congestion, it can make you feel miserable. Only Maximum Strength Mucinex® DM breaks up mucus and quiets coughing to give you 12 hours of long-lasting relief.*

Mucinex®

Mucinex in. Mucus out.®

© RBI 2010

*per dose

www.mucinex.com

Vegetable and fruit juice plus green tea. Just call me the total package.



V8 V-Fusion®+Tea beverage gives you one combined serving† of vegetables and fruit. Plus all the natural goodness of green tea and powerful antioxidants. What a refreshing idea.

†8oz. = 1/4 cup of vegetables + 1/4 cup of fruit

Find us in the juice aisle.



V8 WHAT'S YOUR NUMBER?™

© 2010 CSC Brands LP

What's *your* risk?

One in eight women will be diagnosed with breast cancer during her lifetime—it's a statistic we've heard often. But this number leaves out a lot of details.

BY LAMBETH HOCHWALD

Fact is, breast cancer risk varies widely depending on age, genetics, medical history, and maybe even diet. Sound confusing? It is. So we asked several top cancer specialists to help develop a quiz that weighs these variables for a more personalized take. Just bear in mind that this is not a scientific tool. "No matter what your breast cancer risk, it's critical to be in the loop with your doctor," says Richard L. Shapiro, M.D., a breast surgeon and associate professor at New York University Langone Medical Center in New York City. To get the conversation started, answer the questions below and add up the point values of your answers. Then turn the page for need-to-know info on screening and risk reduction.

1. Your family history includes:

a) No cases of breast or ovarian cancer on your mother or father's side +1

b) A second-degree relative (such as an aunt or grandmother) who has/had breast cancer or ovarian cancer +4

c) A first-degree relative (such as mother, sister, or daughter) who has/had breast cancer or ovarian cancer +8

2. Your personal health history includes:

a) Routine mammograms with no unusual findings +1

b) Routine mammograms in which you were told you had dense breasts +3

c) A breast biopsy that revealed atypical cells +7

3. Your age is:

a) 40–49 +1

b) 50–59 +3

c) 60 or older +7

4. You started getting your period at age:

a) 15 or older +1

b) 12–14 +3

c) 11 or younger +5

5. You had your first child at age:

a) 30 or younger +1

b) 31–39 +3

c) 40 or over (or have never had children) +5

6. You are:

a) Underweight +1

b) Average weight +3

c) Overweight +5

7. You have an alcoholic drink:

a) Socially or never +1

b) Once or twice a week +3

c) Every day +5

8. You enjoy fast food and other foods high in saturated fat:

a) Once in a blue moon +1

b) Once a week +2

c) Once a day +3





Campbell's® V8® soups are a velvety, delicious way to help you get your daily servings of vegetables.

V8 WHAT'S YOUR NUMBER?™

MANUFACTURER COUPON EXPIRES 12/31/10

SAVE $1.00 on any V8® soup



CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means in any media). **RETAILER:** Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 8c. Mail to: **CAMPBELL SOUP COMPANY, CMS DEPT. #51000, ONE FAWCETT DRIVE, DEL RIO, TX 78840.** Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100c.
© 2010 CSC Brands LP

0051000-100304
5 51000 12476 5

©2010 CSC Brands LP



What your answers reveal—and what to do next

Low Risk

Continue seeing your doctor once a year for a clinical (manual) breast exam. Ask how often you should be going for a mammogram—the old advice of every year starting at age 40 might not apply to you. Your doctor will likely discuss the benefits of mammograms (early detection of malignancies) and the drawbacks (radiation exposure, risk of false positives) to develop a screening schedule that reflects your priorities and concerns. Another suggestion is to perform occasional self-exams—not necessarily to find problems, but to familiarize yourself with the normal look and feel of your breasts, says Robert Legare, M.D., director of the Cancer Risk Assessment and Prevention Program at Women & Infants Hospital of Rhode Island in Providence. And no matter how low your risk, alert your doctor right away if you experience warning signs such as lumps, bumps, nipple discharge, skin changes, or unusual pain.

Moderate Risk

Chances are you're facing a few risk factors that aren't within your control, such as age: "The average woman's risk of getting breast cancer is .2 percent in her 40s; it's 5 percent in her 70s," explains Katherine Lee, M.D., an assistant professor of surgery at the Cleveland Clinic Breast Center in Cleveland. Still, plenty of women in this category never get breast cancer, so it pays to focus on what you *can* control: Work out for 30 minutes at least three times a week—research suggests vigorous exercise (jogging, aerobics) has a protective hormonal benefit on top of keeping weight in check. Because preliminary studies link a high-fat diet to breast cancer risk, do stick to fresh produce, lean protein, and whole grains as much as possible. Alcohol intake may also up breast cancer risk; play it safe and limit consumption to a drink or two a week. Finally, review with your doctor how often you need a mammogram—if you've been getting screened less often than once a year, it might be time to increase the frequency.

Elevated Risk

If breast or ovarian cancer runs in your family, consider genetic testing to find out if you've inherited a mutation in the gene BRCA1 or BRCA2 (which can contribute to both cancers). Women who test positive have an 85–90 percent lifetime risk of developing breast cancer. "Heredity trumps every other risk factor," notes Dr. Legare. Find a genetic specialist at the National Society of Genetic Counselors website at NSGC.org. Even if you test negative, high-risk status warrants close monitoring—your doctor likely will advise rotating a mammogram with a breast MRI every six months. You also might be a candidate for chemoprevention (taking an anticancer drug to help thwart the disease) or prophylactic surgery (removing breasts and/or ovaries before cancer can occur). Your doctor can work with you to determine the best course of action. Just don't lose sight of what you can do on your own, Dr. Legare says. See the "moderate risk" section at left for simple lifestyle measures that can optimize your health. ■



Getting a smile straight can be puzzling.

When it comes to putting together a straight smile for your child, an orthodontist completes the picture. Only orthodontists receive an extra 2-3 years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Get your child's smile right. Find an orthodontist near you at braces.org, or ask your dentist for a referral.

American Association of Orthodontists

Our expertise will make you smile.
Visit braces.org

©2010, American Association of Orthodontists. All rights reserved.

The Power of Pink

This year, pick the pink one—you'll benefit breast cancer awareness and research organizations across the United States.



COOK FOR THE CRUSADE
Here's the dish on how to fight breast cancer: 10 percent of the sale of each of these pink clay pie pans goes to the Delaware Breast Cancer Coalition. *9″ Signature pink pie dish, Emile Henry, $45; broadwaypanhandler.com*



FIT TO BE TIED
100% of the net proceeds from the sale of this handsome silk argyle tie benefit Susan G. Komen for the Cure (that's $13.75 donated for every tie sold!) *Warriors in Pink tie, $29; exclusively at fordcares.com*

PRETTY IN PINK
10% of the proceeds from Vera Bradley's "Twirly Birds Pink" pattern benefit the Vera Bradley Foundation for Breast Cancer. Win one for yourself at BHG.com/verabradley. *Double Kiss purse (right), $25, and Kiss and Make-up bag (below), $28; verabradley.org*







BREAST IN SHOW

Bra company Wacoal is celebrating 10 years as a major donor to breast cancer organizations—$2.5 million raised and counting. $2 from every Embrace lace bra purchased during October benefits Susan G. Komen for the Cure. *Embrace Lace bra , $46, and matching tanga, $32; wacoal-america.com*



WASH AWAY CANCER

$5 from the sale of each pink showerhead goes to the company's Hope Flows campaign, which benefits the Breast Cancer Research Foundation. *Rainshower Icon showerhead, $140; at GROHE showrooms, groheamerica.com*

CHEERS FOR THE CURE

Now through December 31, send in the capsule top from any Sutter Home wine (even those without a pink ribbon on the label) and the company will donate $1 to the comprehensive cancer center City of Hope. *Sutter Home wine, $8; sutterhomeforhope.com*



WE'RE GLAD FOR PLAID

The benefits of these snazzy reading glasses are instantly magnified: 6 percent of all net sales benefit the National Breast Cancer Awareness Foundation. *Whitney readers, Foster Grant, $15; 800/283-3090*





SUSAN G. KOMEN FOR THE CURE®

In 2010, the Energizer Family of Brands will donate $400,000 to Susan G. Komen for the Cure® in support of the fight against breast cancer! Learn more at energizer.com/komen

energizer.com

Keep Going®



© 2010 Energizer. Energizer, Energizer Bunny design, card and label graphics and other marks are trademarks of Energizer. The Running Ribbon is a registered trademark of Susan G. Komen for the Cure.®

NEWS

BY SARA ALTSHUL



Happy trails

Scientists at the University of Essex in England found that all it takes is five minutes of strolling a wooded trail, raking leaves, or **performing almost any physical movement in a natural outdoor setting** to produce a significant uptick in mood and self-esteem. "Humans largely live inside, but because of our evolution as hunter-gatherers we may feel more relaxed and connected moving out in nature," explains study coauthor Jo Barton, Ph.D. What's more, this **temporary boost may safeguard against problems like depression**. So treat yourself to "recess"—even if it's brief.

No baloney

4x
the sodium in processed meats

A Harvard School of Public Health study revealed that a daily serving of processed meat (bacon, sausage, hot dogs) can **hike heart disease risk by 42 percent and type 2 diabetes risk by 19 percent.** But eating unprocessed beef, pork, or lamb, which had the same levels of saturated fat and cholesterol, didn't raise those risks at all. The processed meats contain four times the sodium and 50 percent more nitrate preservatives than their unprocessed counterparts. Says study coauthor Renata Micha, R.D., Ph.D., "This suggests that **added salt and preservatives—rather than naturally occurring fats—may account for the risks**."

Restless legs



Lynn Shuster, M.D.

As director of the Office of Women's Health at the Mayo Clinic in Rochester, Minnesota, Dr. Shuster is at the leading edge of women-specific medicine.

Q: Lately I've had trouble sleeping because my legs feel "jumpy." What's going on?

A: You may have restless legs syndrome (**RLS**), a common condition in which legs or feet feel intensely uncomfortable when not in motion. Sufferers describe the sensation as tingling, pulling, or burning, resulting in an overpowering urge to kick or fidget. **Because symptoms worsen at night, sleep can take a major hit.** While researchers aren't sure what triggers most cases of RLS, relief is possible. To start, try to avoid caffeine, tobacco, and alcohol. Also helpful: **Take a warm bath near bedtime, massaging your legs as you soak.** If you're still tossing and turning after three to four weeks, see your doctor, who may recommend a prescription drug such as ropinirole or pramipexole.

Have a question about how to improve your health? E-mail us at *BHGfeatures@meredith.com*. We'll select one question every issue and ask our health advisory panel to answer it. (Sorry, the doctors can't respond to all your question personally.)



Jeepers, peepers

A recent survey of 2,232 contact lens wearers revealed that **as many as 52 percent don't replace their contacts on schedule**. The top reason? Forgetfulness. That's risky; expired lenses can accumulate deposits that leave eyes vulnerable to infection. Now there's a **gadget that can help:** LensAlert, a digital timer that counts down days until contacts expire. When the big day arrives, the display flashes until you reset it. $10 at Target stores.

PHOTOS: (WOMEN WALKING DOG) VEER

A new dosing option for your loved one.

Aricept®

donepezil HCl tablet

23 mg

ARICEPT® 23 mg/day is **now FDA approved** for moderate to severe Alzheimer's disease.
Ask the doctor about new ARICEPT 23 mg/day.

ARICEPT (donepezil HCl) is a prescription medicine to treat mild Alzheimer's disease (up to 10 mg/day) and moderate to severe Alzheimer's disease (up to 23 mg/day).

Before starting on ARICEPT 23 mg/day, patients should be on ARICEPT 10 mg/day for at least 3 months. The starting dose of ARICEPT is 5 mg/day and can be increased to 10 mg/day after 4–6 weeks. Please take ARICEPT as prescribed by the doctor.

IMPORTANT SAFETY INFORMATION

ARICEPT® may not be for everyone. People at risk for stomach ulcers or who take certain other medicines should tell their doctors because serious stomach problems, such as bleeding, may get worse.

People at risk for certain heart conditions should tell their doctor before starting ARICEPT because they may experience fainting. People with serious lung conditions and difficulty breathing, bladder problems or seizures should tell their doctor before using ARICEPT. ARICEPT 23 mg/day is associated with weight loss. Check with the doctor if this is a concern. Inform the doctor if the patient needs surgery requiring anesthesia while taking ARICEPT.

Some people may have nausea, diarrhea, difficulty sleeping, vomiting or muscle cramps. Incidence of nausea and vomiting were markedly greater in patients taking ARICEPT 23 mg/day versus patients taking ARICEPT 10 mg/day. Some people may feel tired or may have loss of appetite. If they persist, please talk to the doctor.

The ARICEPT Patient Assistance Program can help qualified indigent and uninsured patients obtain ARICEPT at no cost. Assistance is also available to Medicare Part D-insured patients who are in the coverage gap or donut hole. To learn more and receive an application for assistance, please contact us Monday–Friday from 9 AM to 6 PM ET at: Phone: 1-800-226-2072, Fax: 1-800-226-2059.

Please see important Patient Information on next page. For more information, visit aricept.com or call 1-866-4-ARICEPT.

You are encouraged to report negative side effects to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

Eisai Pfizer

ARICEPT® is a registered trademark of Eisai Co., Ltd. © 2010 Eisai Inc. and Pfizer Inc.
All rights reserved. AAR00247-A

ARICEPT PATIENT PACKAGE INSERT

ARICEPT® (Air-eh-sept)
(donepezil hydrochloride) tablets

- Tablets: 5 mg, 10 mg, and 23 mg

ARICEPT® ODT (Air-eh-sept oh-dee-tee)
(donepezil hydrochloride) orally disintegrating tablets

- ODT Tablets: 5 mg and 10 mg

Read the Patient Information that comes with ARICEPT before the patient starts taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with the doctor about Alzheimer's disease or treatment for it. If you have questions, ask the doctor or pharmacist.

What is ARICEPT?
ARICEPT comes as ARICEPT film-coated tablets in dosage strengths of 5 mg, 10 mg, and 23 mg, and as ARICEPT Orally Disintegrating Tablets (ODT; 5 mg and 10 mg). Except where indicated, all the information about ARICEPT in this leaflet also applies to ARICEPT ODT.

ARICEPT is a prescription medicine to treat mild Alzheimer's disease (up to 10 mg) and moderate to severe Alzheimer's disease (up to 23 mg). ARICEPT can help with mental function and with doing daily tasks. ARICEPT does not work the same in all people. Some people may:

- Seem much better
- Get better in small ways or stay the same
- Get worse over time but slower than expected
- Not change and then get worse as expected

ARICEPT does not cure Alzheimer's disease. All patients with Alzheimer's disease get worse over time, even if they take ARICEPT.

ARICEPT has not been approved as a treatment for any medical condition in children.

Who should not take ARICEPT?
The patient should not take ARICEPT if allergic to any of the ingredients in ARICEPT or to medicines that contain piperidines. Ask the patient's doctor if you are not sure. See the end of this leaflet for a list of ingredients in ARICEPT.

What should I tell the doctor before the patient takes ARICEPT? Tell the doctor about all the patient's present or past health problems.
Include:

- Any heart problems including problems with irregular, slow, or fast heartbeats
- Asthma or lung problems
- A seizure
- Stomach ulcers
- Difficulty passing urine
- Liver or kidney problems
- Trouble swallowing tablets
- Present pregnancy or plans to become pregnant. It is not known if ARICEPT can harm an unborn baby.
- Present breast-feeding. It is not known if ARICEPT passes into breast milk. ARICEPT is not for women who are breast-feeding.

Tell the doctor about all the medicines the patient takes, including prescription and non-prescription medicines, vitamins, and herbal products. ARICEPT and other medicines may affect each other.

Be particularly sure to tell the doctor if the patient takes aspirin or medicines called nonsteroidal anti-inflammatory drugs (NSAIDs). There are many NSAID medicines, both prescription and non-prescription. Ask the doctor or pharmacist if you are not sure if any of the patient's medicines are NSAIDs. Taking NSAIDs and ARICEPT together may make the patient more likely to get stomach ulcers.

ARICEPT taken with certain medicines used for anesthesia may cause side effects. Tell the responsible doctor or dentist that the patient takes ARICEPT before the patient has:

- surgery
- medical procedures
- dental surgery or procedures.

Know the medicines that the patient takes. Keep a list of all the patient's medicines. Show it to the doctor or pharmacist before the patient starts a new medicine.

How should the patient take ARICEPT?

- Give ARICEPT exactly as prescribed by the doctor. Do not stop ARICEPT or change the dose yourself. Talk with the doctor first.
- Give ARICEPT one time each day. ARICEPT can be taken with or without food.
- ARICEPT Tablets (but not ARICEPT ODT) should be swallowed whole without the tablets being broken or crushed.
- ARICEPT ODT melts on the tongue. The patient should drink some water after the tablet melts.
- If you miss giving the patient a dose of ARICEPT, just wait. Give only the next dose at the usual time. Do not give 2 doses at the same time.
- If ARICEPT is missed for 7 days or more, talk with the doctor before starting again.
- If the patient takes too much ARICEPT at one time, call the doctor or poison control center, or go to the emergency room right away.

What are the possible side effects of ARICEPT?
ARICEPT may cause the following serious side effects:

- **slow heartbeat and fainting.** This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking ARICEPT.
- **more stomach acid.** This raises the chance of ulcers and bleeding, especially when taking ARICEPT 23 mg. The risk is higher for patients who had ulcers, or take aspirin or other NSAIDs.
- worsening of lung problems in people with asthma or other lung disease.
- seizures.
- difficulty passing urine.

Call the doctor right away if the patient has:

- fainting.
- heartburn or stomach pain that is new or won't go away.
- nausea or vomiting, blood in the vomit, dark vomit that looks like coffee grounds.
- bowel movements or stools that look like black tar.
- new or worse asthma or breathing problems.
- seizures.
- difficulty passing urine.

The most common side effects of ARICEPT are:

- nausea
- diarrhea
- not sleeping well
- vomiting
- muscle cramps
- feeling tired
- not wanting to eat

These side effects may get better after the patient takes ARICEPT for a while. This is not a complete list of side effects with ARICEPT. For more information, ask the doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should ARICEPT be stored ?
Store ARICEPT at room temperature between 59° to 86°F (15° to 30°C).

Keep ARICEPT and all medicines out of the reach of children.

General information about ARICEPT
Medicines are sometimes prescribed for conditions that are not mentioned in this Patient Information Leaflet. Do not use ARICEPT for a condition for which it was not prescribed. Do not give ARICEPT to people other than the patient, even if they have the same symptoms as the patient, as it may harm them.

This leaflet summarizes the most important information about ARICEPT. If you would like more information talk with the patient's doctor. You can ask your pharmacist or doctor for information about ARICEPT that is written for health professionals. For more information, go to www.ARICEPT.com, or call 1-800-760-6029.

What are the ingredients in ARICEPT?
Active ingredient: donepezil hydrochloride
Inactive ingredients:

- **ARICEPT 5 mg and 10 mg film-coated tablets:** lactose monohydrate, cornstarch, microcrystalline cellulose, hydroxypropyl cellulose, and magnesium stearate. The film coating contains talc, polyethylene glycol, hypromellose, and titanium dioxide. Additionally, the 10 mg tablet contains yellow iron oxide (synthetic) as a coloring agent.
- **ARICEPT 23 mg film-coated tablets:** ethylcellulose, hydroxypropyl cellulose, lactose monohydrate, magnesium stearate and methacrylic acid copolymer, Type C. The reddish color film coating includes ferric oxide, hypromellose 2910, polyethylene glycol 8000, talc and titanium dioxide.
- **ARICEPT ODT 5 mg and 10 mg tablets:** carrageenan, mannitol, colloidal silicon dioxide, and polyvinyl alcohol. The 10 mg tablet contains yellow iron oxide (synthetic) as a coloring agent.

ARICEPT® is a registered trademark of
Eisai Co., Ltd.
Manufactured and Marketed by Eisai Inc.,
Woodcliff Lake, NJ 07677
Marketed by Pfizer Inc, New York, NY 10017

Rx Only

© 2010 Eisai Inc.





Magnificent Double Flowered Quince

By special arrangement with Proven Winners, we are able to offer our readers a sneak peek at the new easy-care, deer-resistant *Chaenomeles* Double Take™ 'Orange Storm' and 'Pink Storm'. They will provide a magnificent display of spring color in your garden. Their large, fully double, deep pink or orange flowers look almost like camellias—cut a few branches and enjoy the blooms indoors. The compact shrubs grow 3–4 feet tall and are recommended for sunny borders or hedges. Unlike many quinces, these new Double Take varieties don't have thorns or fruit. Please order early; quantities are limited. Specify MM060914 *Chaenomeles* Double Take 'Pink Storm', or MM060911 *Chaenomeles* Double Take 'Orange Storm'.

To order: Call White Flower Farm, 800/420-2852, or visit *readershopping.com*. $19.95 each. Plants ship in 2-quart pots through mid-November. Hardy in Zones 5–9. Sorry, we are unable to ship to Idaho, Washington, APO/FPO, or addresses outside the contiguous United States.

©2010 Discover Bank, Member FDIC

IF YOUR CARD HAS AN ANNUAL FEE, GET RID OF IT.

IF IT COMES WITH A REWARD REDEMPTION FEE, CUT IT UP.

IF IT COSTS TO ADD A CARD, STICK IT IN A DRAWER.

AND SWITCH TO DISCOVER®.

Ranked #1 in customer loyalty.*
It pays to switch. It pays to Discover.

*According to the 2010 Brand Keys Customer Loyalty Engagement Index report



1-800-DISCOVER | discover.com
Discover® More® card



Swap shop

Kids grow out of their clothes faster than you can say, "Try these on." Thredup.com makes it easy to trade old duds for new by letting **members exchange boxes of gently used clothing online.** Search for the size you want, specify girls' or boys', browse through the choices and pick your favorite box. Just remember that **in order to get clothes, you need to offer your kids' outgrown, still wearable clothes**. Post your swap on the site, and when it gets selected, slap on a free shipping label and schedule a pick-up. Basic membership is free, but there's a $13 shipping fee for each box you order.

Family, inc.

Give allowance a twist by treating your kids like employees. Just as companies match workers' retirement contributions, **pledge to match whatever sum children save,** suggests Deana Crawford Arnett, a financial planner in Manassas, Virginia. Be clear about the rules—whether you're contributing 50 cents for each dollar, what the weekly maximum match is, and what counts as savings. For young kids, Arnett suggests getting creative and working up a "statement" in a spreadsheet program so they can track balances. **"Older kids respond to cold, hard cash."**



Share less, save more

More than 50 percent of couples make every financial decision together—but that might not be the road to riches or happiness, says new research from the MIT Age Lab and financial services group The Hartford. "Things slip through the cracks when everyone's fingers are in the pie," says Yahoo! personal finance expert Laura Rowley. **Couples who divide and conquer financial chores end up with more money and less day-to-day stress** than their sharing peers. Try making each person the driver for a distinct set of responsibilities, whether it's paying bills, budgeting, or long-term planning.



Get a deal on new wheels

October can be a good time to shop for a brand-new car, says LeeAnn Shattuck, co-owner of car-buying service Women's Automotive Solutions. Most new models start arriving in August and September, so by October, dealers are getting anxious to unload old inventory. **Do some homework online before visiting the dealer.** Research prices on *edmunds.com,* check manufacturer and car review sites for rebates, and think about what extras you want so you don't forget to negotiate in the financing room. "The majority of dealer profit is made in that room—not on the car," Shattuck says. (And **don't sweat it if the only ride left on the lot is a bananamobile.** Dutch researchers recently found that the more brightly colored your car, the less chance it'll get stolen.) ■

PHOTOS: VEER

How Often Do You Get The Chance To Save A Child's Life For $250?








Smile Train provides life changing free cleft surgery which takes as little as 45 minutes and costs as little as $250.

It gives desperate children not just a new smile—but a new life.

"...one of the most productive charities—dollar for deed—in the world."
—The New York Times

Help children with clefts and other problems.

❒ $250 Surgery. ❒ $125 Half surgery. ❒ $50 Medications. ❒ $ _____

Mr./Mrs./Ms. _____ Zip _____

Address _____ City _____ State _____

Telephone _____ eMail _____

Credit Card # _____ Expires _____

❒ Visa ❒ MasterCard ❒ AMEX ❒ Discover Signature _____

❒ My check is enclosed. Z10101009ZFIY25

Smile Train, P.O. Box 96211, Washington, DC 20090-6211

Donate online: www.smiletrain.org or call: 1-800-932-9541

SmileTrain
Changing The World One Smile At A Time.

A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. Diet is an important part of pregnancy. Eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid. According to the U.S. Government, women who plan to have a child should be sure to take sufficient levels of folic acid (400 micrograms per day) during pregnancy to help prevent neural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, quit smoking, and follow your health care provider's guidelines for foods to avoid during pregnancy. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; caffeine; alcohol; and unwashed vegetables. For more information, visit www.SmileTrain.org. Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2010 Smile Train.

Promotion

Better Homes and Gardens

FREE INFO & OFFERS for TRAVEL & HOME

To order **FREE** info, simply circle the number that corresponds to the listing below, complete the card and return it to us today. Or, call us toll free: **1.800.837.9017** (Mention Code: BH1010YF)

More **FREE** offers & prizes at **TravelMeredith.com**

HOME OFFERS

For Home offers go to **BHGInfo.com**

BUILDING AND REMODELING

1. **FOUR SEASONS SUNROOMS**–Free information on our Year-Round Sunrooms, Energy-Saving Windows, Doors, Pergolas and Retractable Awnings.
2. **PREMIER BATHROOMS**–World's largest supplier and installer of walk-in bath tubs. FREE color brochure.

WALLS AND FLOORS

3. **MOHAWK**–Mohawk's SmartStrand® featuring Dupont™ Sorona® is revolutionary carpet, made with new Triexta fiber. With built-in stain protection that won't wash off, proven durability and better softness, it really is extraordinary. SmartStrand—It's just better.
4. **SHAW FLOORS**–From carpet and hardwoods to laminate, tile & stone, Shaw offers the flooring to fit your style and budget.

WINDOWS AND DOORS

5. **BUDGET BLINDS**–Find ideas and inspiration in Budget Blinds® FREE Design Guide, "Point of Views™".

MISCELLANEOUS

6. **EXPRESSIONERY.COM**–Be a gifted giver with stylish correspondence from Expressionery.com. Stationery samples available.
7. **Go RVing**–What will you discover with an RV? Go RVing. Visit us online for our complimentary video. Go Affordably. Go RVing.

TRAVEL OFFERS

For Travel offers go to **TravelMeredith.com**

8. ALL ALABAMA OFFERS

9. **GULF SHORES AND ORANGE BEACH**–Necessities: Time together to enjoy the simple pleasures and beautiful treasures of Alabama's white-sand beaches.

10. ALL ARKANSAS OFFERS

11. **ARKANSAS PARKS & TOURISM**–Find beauty everywhere in The Natural State, where you'll discover exciting roadside attractions from bustling cities to relaxing resorts.

12. ALL FLORIDA OFFERS

13. **BEACHES OF FORT MYERS AND SANIBEL**–Discover Florida's unspoiled island retreat: The Beaches of Fort Myers and Sanibel on the sun-drenched Gulf of Mexico. Florida's tropical island getaway.
14. **FLORIDA SUMMER FAMILY TRAVEL**–For an unforgettable vacation there is only one state you want: Florida! Register to win a FREE St. Augustine vacation.
15. **ORLANDO**–Tour the theme parks. Shop the outlets. Savor exquisite cuisine. And connect with your loved ones. Start planning your smile-filled vacation now.

16. ALL KENTUCKY OFFERS

17. **LEXINGTON**–Escape the ordinary and experience Lexington's Bluegrass Region: world-class horses, breathtaking scenery, culture rich in tradition and delightful regional cuisine.

18. ALL MISSOURI OFFERS

19. **MISSOURI**–Camping or biking? Museums or river float? No matter what you're into, you'll find it inside the free 2010 Missouri Travel Guide. Order yours today!

20. ALL NORTH CAROLINA OFFERS

21. **EXPERIENCE NORTH CAROLINA'S FALL**–Taste wine from our vineyards, marvel at brilliant autumn colors, enjoy a leisurely scenic drive. Get a free travel guide today.
22. **BLOWING ROCK**–Visit Blowing Rock for mountain views, upscale and outlet shopping, fine dining, spas, family attractions and much more.
23. **NORTH CAROLINA'S BRUNSWICK ISLANDS**–Relive your childhood memories for a week or a weekend in the Brunswick Islands, where you'll find more beach for your blanket.
24. **NORTH CAROLINA'S CRYSTAL COAST**–Enjoy an escape miles away from the ordinary but closer than you could have imagined. Along North Carolina's Crystal Coast, beaches, nature and history all wait for you to discover. Leave life as you know it behind and find a new definition of escape.
25. **THE OUTER BANKS OF NORTH CAROLINA**–The Outer Banks, Different Experiences. Request or download your free Official Travel Guide today.

26. ALL PENNSYLVANIA OFFERS

27. **GETTYSBURG**–A vacation experience that is filled with as much history, passion and inspiration as it is with fun and relaxation.

28. ALL SOUTH CAROLINA OFFERS

29. **SOUTH CAROLINA. MADE FOR VACATION**–From warm breezes and wide sandy beaches to crystal clear lakes and breathtaking foothills, South Carolina is made for vacation. Learn more.

30. ALL SOUTH DAKOTA OFFERS

31. **BIG THUNDER GOLD MINE**–Tour an authentic 1892 underground mine and gold & gem pan by the running stream.
32. **CUSTER STATE PARK**–A 71,000-acre vacation paradise located in the beautiful Black Hills. Resorts, camping, recreation and free-roaming buffalo.
33. **FIRST GOLD HOTEL**–Deluxe hotel accommodations and free onsite parking in our covered parking ramp. Group rates.
34. **PALMER GULCH RESORT / MT. RUSHMORE KOA**–Close to Mount Rushmore, Palmer Gulch features a cozy lodge, cabins and a KOA campground.
35. **REPTILE GARDENS**–SEE our exciting wildlife shows, LEARN about our exotic creatures, and EXPLORE our breathtaking gardens and indoor jungle.
36. **SOUTH DAKOTA DEPARTMENT OF TOURISM**–Discover the land of Great Faces and Great Places. Visit our web site or send for vacation specials.
37. **WALL BADLANDS AREA CHAMBER OF COMMERCE**–Visit Wall Drug Store, Badlands National Park, Minuteman Missile National Historic Site, and National Grasslands Visitor Center.

chance to win exciting getaways



sweepstakes, special offers and free e-newsletter:
www.TravelMeredith.com

38. ALL TEXAS OFFERS

39. **THE GREAT STATE OF TEXAS**–Texas vacations are filled with possibilities. Explore them all with your FREE Texas State Travel Guide.

40. ALL TOURS OFFERS

41. **COLLETTE VACATIONS**–Collette Vacations offers 125 inclusive escorted tours to all 7 continents. Make your next vacation both affordable and memorable.

HURRY! Offers expire December 21, 2010

FREE INFO & OFFERS for TRAVEL & HOME

Mail this coupon to: Better Homes and Gardens, PO Box 9292, Des Moines, Iowa 50306-9292

Circle your choices below for home offers

For Home offers go to **BHGInfo.com**

1 Four Seasons Sunrooms
2 Premier Bathrooms
3 Mohawk
4 Shaw Floors
5 Budget Blinds
6 Expressionery.com
7 Go RVing

For Travel offers go to **TravelMeredith.com**

Circle your choices below for all state offers or individual destinations

Dept. BH1010YF

8	13	18	23	28	33	38
9	14	19	24	29	34	39
10	15	20	25	30	35	40
11	16	21	26	31	36	41
12	17	22	27	32	37	

NAME

ADDRESS

CITY STATE ZIP

E-MAIL ADDRESS (optional)
We will share your e-mail address with advertisers from who you request information.

☐ 999 Check here to receive free travel e-newsletter

HURRY! Offers expire December 21, 2010.

Cyber class

Schools and parents battle high-tech bullying with old-fashioned lessons and common sense.

BY KAREN HOUPPERT | PHOTOS LEVI BROWN

Mary Ellen had just started ninth grade. New school, new boyfriend, all good. Then the instant messages started. "I hate you. Everyone hates you. Go back to your school."

"Mary Ellen's grades went from A's to C's," says her mom, Mary Lou Handy. "She cried and begged to switch to another school.

"At first I told her to just shake it off. But she was so stressed out—she got to the point of developing acid reflux and ulcers. Finally, I turned to the school for help."

Mary Ellen's problems surfaced five years ago, when, Mary Lou says, "cyberbullying was new and they didn't think it was a school matter." Today, schools are all too familiar with it—and dealing with it can be difficult.



"Most of the time, cyberbullying happens off school property on students' own time, so schools don't have the legal authority to do anything about it," says Parry Aftab, a security, privacy, and cyberspace lawyer who is also executive director of the advocacy site StopCyberbullying.org.

But doing nothing is obviously not an option. A few recent high-profile cases in which teens have committed suicide in the wake of cyberbullying have shown the most dire consequences of a problem that's now commonplace. Approximately 20 percent of students between ages 12 and 18 have experienced attacks via e-mail, text messages, and Facebook, according to a February 2010 study by Dr. Justin Patchin and Dr. Sameer Hinduja, authors of *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying.*

Those stats spell big trouble for schools, but some educators have found effective methods in the fight against cyberbullies.

PUT IT IN WRITING

One approach is to have families sign an anti-cyberbullying contract. "By signing, students are forewarned that there will be consequences, and parents cede the school permission to act on cyberbullying between students," Aftab says. This shifts the legal issue from a constitutional debate about free speech to a contractual agreement.

Baltimore County Public Schools adopted the contract strategy 13 years ago, and "we find it's been very effective," says Dale Rauenzahn, executive director of Student Support Services. "But it's an educational process, too." The district has also put lessons on Internet use into the curriculum. "Starting in pre-K we talk about Internet dos and don'ts and are constantly updating," he says.

TOYOTA
moving forward

Anger Management.

Introducing an available 180° backup camera* that helps protect your bumper.



The Sienna Minivan. Daddy Like.

Search Sienna on Facebook and YouTube

Options shown. YouTube and the YouTube logo are trademarks of Google Inc. Facebook is a registered trademark of Facebook, Inc. *The backup camera does not provide a comprehensive view of the rear area of the vehicle. You should also look around outside your vehicle and use your mirrors to confirm rearward clearance. Cold weather will limit effectiveness and view may become cloudy. ©2010 Toyota Motor Sales, U.S.A., Inc.

toyota.com/sienna



Introducing new
Ice Cream Shoppe™
flavors with 25% less sugar*

pop-tarts toaster pastries

Ice Cream Shoppe™

®, TM, © 2010 Kellogg NA Co.

*Contains 25% less sugar than 55 to 75 of the top 100 toaster pastries (IRI US FDMx Unit Sales 12wk w/e 11/1/09) Kellogg's® Pop-Tarts® Ice Cream Shoppe™ Toaster Pastries contain 11g to 12g sugar/48g serving compared to 16g to 21g sugar/50 to 54g serving in other toaster pastries.



A few cities—New York, Seattle, Omaha—have followed Baltimore's "digital hygiene" approach, introducing curriculums that directly address cyberbullying. Approximately 20 states have statutes on the books mandating cyberbullying policies.

These new lessons are looking a lot like those at Assumption, a parochial school in Wood-Ridge, New Jersey. "We are always talking about Internet safety," says technology teacher Maggie Sullivan. When it comes to social networking—and cyberbullying in particular—she has found that kids, especially, like anonymity.

"Kids are often afraid to talk to their parents because they're afraid they'll take away the technology," she says. "Promise not to make it worse," agrees Aftab, who found that only 5 percent of middle schoolers polled for StopCyberbullying.org said they would tell their parents they were being bullied.

PUT IT IN PARENTING

That said, there are things parents can do. Timothy Sparapani, director of public policy for Facebook, urges teens to report problem users immediately, explaining that confidential report links are available throughout the site. "And be very careful who you 'friend,'" he says. "Some kids friend whoever asks them because they don't want to be considered rude. It's perfectly OK for kids to ignore or decline a friend request. It's not OK to accept friend requests from strangers."

Most important, urge your kids to confide in you if they're being bullied. "Promise not to make it worse," says Aftab, who is skeptical about the law's ability to solve this social problem. That worked for Mary Lou Handy when her daughter was cyberbullied five years ago and schools didn't have a protocol. Today, she spends three weeks a year teaching Ridgewood, New Jersey, middle school students about the issue. "They know cyberbullying is wrong and they know what to do about it," says Mary Lou, who regularly tells her students, "If 10 of you stand up to him, chances are the bully will stand down." ■

Plan of attack

Here's what to do if your child is being cyberbullied (or is cyberbullying):

1. Hug your child and reassure him or her that everything will be OK as long as you talk about it.
2. Take a breath. Remind your child not to respond to taunts. Come up with a game plan. (If you know the other child's parents well enough, think about making a casual phone call: "Looks like the kids are at it again. Can you talk to Jimmy?")
3. Note to Jimmy's mom: Don't freak out. Seventy percent of kids have cyberbullied. Don't assume he's a bad seed. Find out details. Discuss options: a détente, conversation, apology.
4. Teach your child to stop, block, and tell. This means stop exchanging messages with the bully, blocking or unfriending him or her, and telling a trusted adult.
5. In serious situations, meet with a guidance counselor to discuss school policy and come up with a plan. If you don't get resolution, go to the police.
6. Hug your child and reassure him or her that telling you was the right thing to do.

From StopCyberbullying.org



Boo who?

Unmask your creativity and craft a Halloween disguise—for you and your kids. All it takes is a few ideas and a glue gun.

BY MEGAN FALCONE | PHOTOS KATHRYN GAMBLE
PRODUCED BY REBECCA FFRENCH



WHICH WOULD YOU GIVE YOUR KIDS?



TOTINO'S® PIZZA ROLLS®

MOZZARELLA CHEESE SUBSTITUTE:

CHEESE INGREDIENTS: water, partially hydrogenated soybean oil, rennet casein, modified corn starch, potato starch, sodium aluminum phosphate, vital wheat gluten, salt, potassium chloride, citric acid, potassium sorbate [preservative], sodium phosphate, sodium citrate, titanium dioxide [color], maltodextrin, magnesium oxide, zinc oxide, vitamin A palmitate, riboflavin, vitamin B12.



BAGEL BITES® SNACKS

REAL MOZZARELLA CHEESE:

CHEESE INGREDIENTS: milk, cheese cultures, salt, enzymes.

	Prep	Fat (g)	Trans Fat (g)
Bagel Bites®	**Baked**	**7**	**0**
Totino's® Pizza Rolls®	Pre-Fried	10	1.5

Bagel Bites®

Made with
- Real Cheese
- 8g Protein per serving
- 0g Trans Fat per serving

Nutritional information for Totino's found on product packaging. Comparisons based on 1 serving of Bagel Bites cheese and pepperoni, and 1 serving of Totino's pepperoni Pizza Rolls.
Totino's and Pizza Rolls are trademarks of General Mills Marketing, Inc., which is not associated with H.J. Heinz Company. © H.J. Heinz Company, L.P. 2010. All rights reserved.

visit mybagelbites.com

Nab a few crafts store basics: unadorned masks, pipe cleaners, ribbons, felt, feathers—and get gluing.



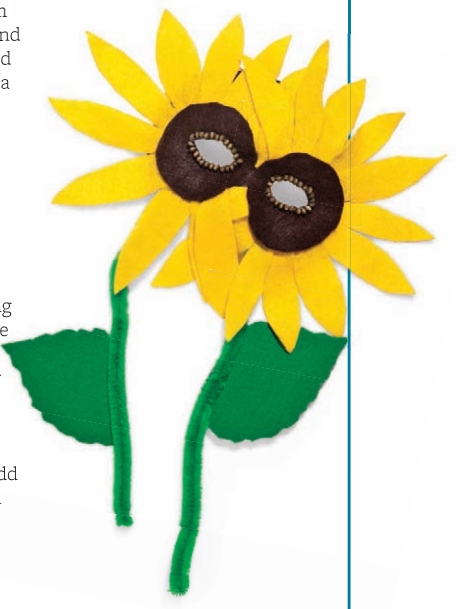
PRINCESS It's time to make those dreams of royalty come true—no fairy godmother required. Using a paintbrush, outline the eyeholes of your mask with glue and glitter. Hot-glue flowers, feathers, and butterflies around the top. Adhere four ribbon ends to the back corners of the mask, and—if you'd like—decorate the ribbon with flowers. Give your design a professional edge by gluing flowers to hide where the ribbon meets the mask. Sprinkle on a final touch of fairy dust (er, glitter). And, abracadabra!



OWL Crafting this mask is a real hoot. Brush the entire mask with glue and layer on the feathers—the thicker the better. Add brown and yellow felt rings to outline the eyes and a yellow felt triangle for the beak. Place a few bigger feathers above the eyes—heavy brows will keep your owl looking wise.



LION Adding an impressive Simba-style mane to a full-face mask is simple (and we're not "lion"!). Just glue raffia to a cardboard strip, essentially creating a headband for the mask. Hot-glue it to the inside perimeter. Spray the mask with yellow paint, then mist the cheeks, forehead, and chin with orange paint for extra dimension. Cut two yellow felt triangles for ears and a brown felt triangle for the nose, and hot-glue them in place. For the mouth, bend pipe cleaners into jowls, and hot-glue them on, too. Use a marker to add extra facial embellishments—and start practicing that loud roar.



SUNFLOWER Let your child's imagination grow. Cut 24 yellow felt petals, two green felt leaves, and two brown felt circles. Using the eyeholes as centers, glue petals in a circular pattern. Add green pipe cleaners for stems, and glue on the leaves. Place the brown felt circles on top of the petals, cut out the eyeholes, and add a few sparkly beads around your peepers.

No trick: Halloween's a treat

Halloween isn't just for kids anymore. We found that nearly 70 percent of our online community of moms, The Motherboard, were extremely involved in celebrating the holiday with their kids, nearly half reporting being more engaged in the event than their parents were. Why so much love? Stress. Meaning, come October 31, there isn't any. "You don't have the pressure of buying gifts or making a big meal—you just decorate and have fun with your kids," one mom told us. "It's more fun for less money and work," added another.

themotherboard™
a million women strong



Find the candy brands kids know and love in our Halloween candy section, at low Walmart prices.

Walmart
Save money. Live better.

Walmart.com

The "Spark" Design, Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.

Feel just like a little ghoul again.



Make some Halloween Rice Krispies Treats® with your kids.
It's a scream.

Childhood is calling.™

®, TM, © 2010 Kellogg NA Co.

Vote for your favorite mask today!

We challenged four bloggers to craft cool masks from a ho-hum plastic form. The results? A creative collection that shows off each woman's personal style. Go online to tell us which one you love—and to get complete instructions to make your own. Check out **BHG.com/masks.**



A VINE TIME
Suzonne Stirling
urbancomfort.typepad.com
A base of pistachio-green felt and jewel-dotted eyes makes up Suzonne's stylish mask.



PROUD PEACOCK
Kathleen Kennelly Ullman
twigandthistle.com
Kathleen dusted on flocking powder and cut paper plumes for her bird-of-a-feather design.



BUTTERFLY QUEEN
Elizabeth Owen
mabelshouse.blogspot.com
A well-disguised extension behind Elizabeth's mask lets her monarch butterflies soar.



NATURE GIRL
Nicole Balch
makingitlovely.com
A wand of natural elements mixes with a leafy face on Nicole's inspiring design. ■

Go Online

Show off your creativity! We want to see your Halloween mask projects, plus all the ideas that inspire you this season. See and share today at BHG.com/holidayphotos.

Fright Krispies Treats™



Ingredients

3 tablespoons butter or margarine
1 package (10 oz., about 40) regular marshmallows or
4 cups miniature marshmallows
Food coloring (optional)
6 cups KELLOGG'S® RICE KRISPIES® cereal
Flaked coconut
Canned frosting or decorating gel
36 M&M'S® Brand Chocolate Candies

Directions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
3. Using 1/2-cup measuring cup coated with cooking spray divide warm cereal mixture into portions. Using buttered hands shape each portion into ghost shape. Cool. Decorate bottoms with coconut.
4. Use frosting to attach candies for ghost eyes and mouth. Best if served the same day.

For more recipes and nutrition information, visit ricekrispies.com

Kellogg's® RICE KRISPIES® cereal

®, TM, © 2010 Kellogg NA Co.
®/™ trademarks © Mars, Incorporated 2010

resources

SOME PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS®* MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION OR DEALER LOCATIONS, CONTACT MANUFACTURERS LISTED.

THINGS TO DO THIS MONTH

Page 22: yellow watch, #0094SYX ($80), **silver watch,** #6875SX ($100)—Pedre; pedrewatch.com. **Red watch,** T Series Chronograph #T2M709 ($120)—Timex; timex.com. **Orange watch,** #TK557-OR Tivoli Clear ($135)—TKO; 800/223-5133; TKOwatches.com/shop.

GOOD SPIRITS

Pages 30-36: vase, candle holder, cake plate, glasses—Pottery Barn; 800/922-5507; potterybarn.com. **Freezer paper used as runner**—grocery store. **Round wood board**—vintage. **Wine note card paper, stamp for designs, pre-cut paper leaves**—Paper Source; 888/727-3711; paper-source.com.

NATURAL ATTRACTION

Pages 42-49: architect—Hope Dana, Platt/Dana Architects, 80 Fifth Ave., 11th FL, New York, NY 10011; 646/336-6270; plattdana.com. **Contractor**—Mike Quinn, Quinn Renovations; 3536 Rt. 199, Pine Plains, NY 12567-5321; 518/398-0364.
Pages 42-43: red painting squares, paintings—Artist David Perrault—Authantiques; 203/266-9121; authantiques.com. **Pillow**—Target; target.com. **Chair and ottoman**—Room and Board; roomandboard.com. **Throw on ottoman**—Eb Collection; 203/263-0036; ebcollection.com. **Black and white pottery on shelf**—Paul Chaleff Pottery; paulchaleff.com. **Red cabinetry**—La Cucina Cabinetry, Jay Feldman; 860/824-1280. **Lamp**—Hammertown Barn; hammertown.com.
Pages 44-45: coffee table—ABC Home; abchome.com. **Wing chair, side table**—Room and Board (see previous). **Sofa**—Pottery Barn; potterybarn.com. **Hanging lamps,** Caravaggio p4 pendants—Ylighting; ylighting.com. **Mantel,** steel—Peter Kirkiles Design & Fabrics; 860/927-7944. **Red and decorative pillows, white vase and black frame/dried flower art on mantel, Moroccan poof**—Hammertown Barn; hammertown.com. **Orange and green velvet pillows**—Target; target.com. **Red painting square,** Artist David Perrault—Authantiques (see previous).
Pages 46-47: stools, modern wood and steel, **white ceramics**—Hammertown Barn (see previous). **Refrigerator**—GE Appliances; 800/626-2005; geappliances.com. **Sink faucet**—Kohler; kohler.com. **Stove hood**—Faber; faberonline.com. **Red pot on stove**—Le Creuset; lecreuset.com. **FLOR carpet tiles,** Rugby Stripe—FLOR; flor.com. **Cabinets**—La Cucina (see previous). **Tempest aluminum windows**—Panorama Windows; panoramawindows.com. **Door**—Domel; domelinc.com. **Flooring,** Marmoleum—Platt/Dana Architects (see previous).
Pages 48-49: African walnut table—Peter Kirkiles (see previous). **Chairs**—Room & Board (see previous). **Vase with flowers**—Nest; nestmillerton.com. **Large oak lazy susan**—Hammertown Barn (see previous).

TERRA-COTTA

Page 54: primitive cow and horse artwork, #072690A, #072690C—Ethan Allen, Inc.; 800/228-9229; ethanallen.com. **Bedding,** #13573 Featherweight silk quilt, shams #13574 (Soft White)—Garnet Hill; for more information call 800/622-6216; garnethill.com. **Furniture,** discontinued—Harden Furniture; hardenfurniture.com. **Drapery hardware**—Kirsch Window Fashions; 800/817-6344; kirsch.com. **Paint color** #2096-30 (Chocolate Truffle)—Benjamin Moore & Co.; benjaminmoore.com. **"Out of Africa" zebra patterned rug,** #XN2001—Shades of Light; 800/262-6612; shadesoflight.com. **Jute rug,** #49-6061626 (Ivory)—West Elm; 888/922-4119; westelm.com. **Tan woven leather stool,** #2214—Arteriors; Arteriorshome.com.

BETTER TOGETHER

Pages 56-64: architects—Oikos Architecture, Annitella Porges Kiriakou, Susan Wootan, Architect; 510/845-8450; oikosarchitecture.net.**Contractors**—OPT Construction, Oliver Thonet; 925/360-3394. **Interior design**—Tish Key, Tish Key Interior Design, 650 Townsend St., Suite 210, San Francisco, CA 94103; 415/565-0140; tishkey.com.
Page 56: stools—Design Within Reach; 800/944-2233; dwr.com. **Bowls, tiered dessert tray**—Target; 800/59-3869; target.com. **Blue bowl**—personal belonging. **Light fixture**—Pottery Barn; 888/779-5176; potterybarn.com. **Dishtowels**—Williams-Sonoma Home; wshome.com. **Cabinetry paint: trim** (White), **island** (Blue Gray), **walls,** custom—Benjamin Moore & Co.; benjaminmoore.com. **Custom cabinetry**—Lafayette Woodworking; 925/932-5954; lafayettewoodworking.com.
Page 58: custom cabinetry—Lafayette Woodworking (see previous). **Cooktop**—Wolf Appliance Co.; 800/332-9513; wolfappliance.com.
Page 60: table—personal belonging. **Chairs, chain links pillows**—Pottery Barn (see previous). **Vase on table**—vintage sap bucket and flower bucket. **Hanging light**—William- Sonoma Home (see previous). **Tiny white bowl**—Target (see previous). **Cushion,** custom. **Rug**—Curran Online; 800/555-6653; curranonline.com.
Pages 62-63: wire hamper—Coast Wholesale Florist; 650/728-7461; coastwholesaleflorist.com. **Turquoise basket**—World Market; 877/967-5362; worldmarket.com. **Faucet,** Vinnata—Kohler Co.; 800/456-4537; kohler.com.
Page 64: perforated steel drying rack, custom—Jose Maldonado, Fab2Spec; 707/585-2322.

STARTING FRESH

Page 66: wall color (Berber White); **trim color** (White Dove); **ceiling** (Chantilly Lace)—Benjamin Moore & Co.; benjaminmoore.com. **Lumbar pillows**—Nathan Turner; 310/275-1209; nathanturner.com. **Chest**—Chelsea Textiles at Summer House@57; 415/383-0157; summerhouse5721.blogspot.com. **Caned bamboo armchairs,** Noir—H.D. Buttercup; 310/945-5432; hdbuttercup.com. **Rock crystal candle holders**—Anthem; 415/440-6500; anthemsf.com.
Pages 68-69: Easton sofa—Restoration Hardware; for more information call 800/762-1005; restorationhardware.com. **Drum sconce shades**—Ballard Designs; 800/367-2775; ballarddesigns.com. **Two single sconces,** RA Sandy Chapman—Circa Lighting; circalighting.com. **Zebra pillow**—LDC Design Studio; ldchome.com. **Carter wingback chair**—Mitchell Gold + Bob Williams; for retail information call 800/789-5401; mgandbw.com. **Armchair,** #1542-01 Porter Stripe (Godiva)—Lee Ind.; 800/892-7150; leeindustries.com. **Custom banded sisal rug**—Abbey Carpet & Floor; abbeycarpetandfloor.com. **Wall color** (Berber White); **trim** (White Dove); **ceiling** (Chantilly Lace)—Benjamin Moore (see previous). **Floor lamp, Noir**—H.D. Buttercup (see previous). **Cube side table**—Cabana Home; cabanahome.com. **Shade**—Pottery Barn; 800/922-5507; potterybarn.com. **Cocktail ottoman,** metallic bronze leather "Ulster"—Bernhardt Furniture Co.; 800/340-0240; bernhardt.com. **Woven tray**—Ralph Lauren Home Collection; 888/475-7674; ralphlaurenhome.com.
Page 70: Covington table—Bassett Furniture; bassettfurniture.com. **desk and, desk lamp**—Arteriors Home; arteriorshome.com. **Butterfly print**—Summer House@57 (see previous). **Pillow fabric**—Calico Corners (see previous). **Drapery panel**—Calico Corners; 800/213-6366; calicocorners.com (product line varies).
Page 72: Warner upholstered bed—Restoration Hardware; for more information call 800/762-1005; restorationhardware.com. **Duvet fabric**—Ballard Designs (see previous). **Rug**—Abbey Carpet and Floor; abbycarpet.com for a showroom. **Decorative pillows on bed,** discontinued—Williams-Sonoma Home; 800/541-2233; wshome.com. **Wall color** (Berber White); **ceiling** (Chantilly Lace); **trim** (White Dove)—Benjamin Moore & Co. (see previous). **Swivel chair,** #1601-01 (Amalfi Oatmeal)—Lee Ind.; 800/892-7150; leeindustries.com. **X-base stools** (Cream) **cushions**—Wisteria; 800/320-9757; wisteria.com. **Marble and iron bedside tables**—Pottery Barn; 800/922-5507; potterybarn.com. **Robert Abbey "Edgar" lamp** (Celadon)—Lamps Plus (see previous).
Pages 74: vintage Saarinen Tulip table—Past Perfect Antiques; 415/929-7651. **Wool flannel drapes** (Sand)—The Shade Store; theshadestore.com. **Wall color** (Lenox Tan); **ceiling color** (Chantilly Lace)—Benjamin Moore & Co.(see previous). **Cagney shimmer table lamp**—Arteriors, LampsPlus; lampsplus.com. **Bedding**—HomeGoods; homegoods.com. **Barcelona daybed**—Charles P. Rogers; charlesprogers.com. **"Wave" coverlet and shams,** Style & Co.—Macys; macys.com. **Patterned quilt and shams**—Roberta Roller Rabbit; robertarollerrabbit.com. **Mongolian Lamb pillow**—West Elm; 888/922-4119; westelm.com. **"X" benches in natural linen**—Ballard Designs; 800/367-2775; ballarddesigns.com. **Linden Street floor lamp**—J.C. Penney; 800/222-6161; jcp.com. **TWA travel posters**—Art.com; art.com. **Frames**—The Painter's Place; thepaintersplace.com. **Wall color** (Traditional Tan)—ICI Dulux Paint Center; for a store call 800/984-5444.
Pages 76-77: pillow fabric—Calico Corners (see previous). **Easton sofa**—Restoration Hardware (see previous).

SPICE TRADE

Pages 78-81: spice jars, similar styles available—IKEA; ikea.com.

FASHION FORWARD

Pages 82-85: interior decorator, tray on coffee table—Shazalynn Cavin-Winfrey; scwinteriors.com. **Lamps,** "Blakely"—Arteriors; arteriorshome.com. **Wall color** (Calming Aloe)—Benjamin Moore & Co.; benjaminmoore.com. **Coffee table, side tables**—Green Front; 434/392-4882; greenfront.com. **Rug**—Sisal Rugs; sisalrugs.com. **Cubes**—Creative Classics; 703/518-4663; creativeclassics.com. **Chinese garden seat side table**—Horchow; horchowcom. **Eggs and coral on side table**—Random Harvest; 703/548-8820; randomharvesthome.com. **Striped candle cylinders**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Side chair frame,** Theo XX, **sofa pillow fabric,** Ducale weave (Clementine)—Duralee Fabrics, Ltd. (To the Trade); 800/275-3872; duralee.com. **Side chair fabric, bolster pillow fabric,** Contessa #HC1270T-01 (Multi Turquoise, Orange, Olive)—Home Couture; 201/792-5959 or interior designer. **Linen window panels** (Chestnut)—The Robert Allen Group through your interior designer or 800/333-3777; robertallendesign.com. **Window panel trim,** 3½" tassel fringe (Picture Landscape)—Brimar Inc. (To The Trade); 800/274-1205; brimarinc.com.

OUTSIDE CHANCES

Page 86: architect—Clete Kunce, AIA, Haus/The Architectural Studio; 317/652-2828; ckunce@haus-arch.com. **Builder**—John Lerchen, Lerchen Residential Builder; 317/581-6343; lerchen.com. **Landscape**—Leland C. Sellers, Leland Landscape; 765/552-8106. **Exterior paint** (Blackstone)—Porter Paints; 800/332-6270; porterpaints.com. **Windows**—Andersen Windows, Inc.; 800/426-4261; andersenwindows.com. **Door,** custom—no source available.
Page 88: rockers—Lowe's Home Improvement Stores; 800/445-6937; lowes.com.
Page 90: architect/builder—Greg Rothers, Rothers Design/Build; 913/262-7100; rothersdesignbuild.com. **Architect**—Matt Berislavich, Rothers Design/Build (see previous). **Local limestone**—Sturgis

RULES FOR CONTESTS AND SWEEPSTAKES MENTIONED IN THIS ISSUE.

AMERICAN BEAUTY TRUE DELIGHT SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules and entry at BHG.com/americanbeauty. The American Beauty True Delight Sweepstakes begins 9/6/2010 and ends 10/31/2010. Entries must be received by 11:59 p.m., E.T. on 10/31/2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address. Void where prohibited. Sponsor: Meredith Corporation

VERA BRADLEY BREAST CANCER SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules and entry at BHG.com/verabradley. The Vera Bradley Sweepstakes begins 9/6/10 and ends 10/31/10. Entries must be received by 11:59 p.m., E.T., on 10/31/10. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address. Void where prohibited. Sponsor: Meredith Corporation

CARVE-A-PUMPKIN SWEETPSTAKES

Subject to Official Rules and entry at BHG.com/carveapumpkin. No purchase necessary to enter or win. The Carve-a-Pumpkin Sweepstakes and Contest entry periods and Carve-a-Pumpkin Contest voting period begin 9/24/10, and end 10/31/10. Entries and votes must be received by 11:59 p.m., E.T., on 10/31/10. Open to legal residents of the 50 United States, and the District of Columbia, 18 years or older. Multiple entries will be allowed. One vote per person (with a valid e-mail address) per day. Void where prohibited. Sponsor: Meredith Corporation

TEXT US AND WIN $1,000!

Subject to Official Rules at BHG.com/1000mobile. Enter at BHG.com/1000mobile or text the word "BHG" to 49737. Message and data rates apply to text entries. No purchase necessary to enter or win. The BHG Mobile On-the-Go $1,000 Sweepstakes begins 9/10, and ends 10/31/10. Entries must 10/31/10. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Multiple entries allowed. Void where prohibited. Sponsor: Meredith Corporation

Advertisement



My #1 top skin care picks for Fall 2010

by Kelly Lee, L.E. Skin Care Contributor

#1 top Age Spot Remover: *ActiFade® Age-Defying Complex for Face & Body*

Erase age spots, sun spots & freckles without lasers.

ActiFade's® dual-action design delivers revitalizing hydration to lackluster skin, while targeting and diminishing the most stubborn age spots, sun spots, and liver spots visible on the face, neck, chest, hands, arms, and legs. The treatment has the added benefit of an advanced smart concealer - when applied, instantly visibly erases age spots and signs of sun-damaged blemishes on the surface. The glowing results reveal a healthier, more youthful, even skin tone.





SAVE $5! *See below.*

Find ActiFade® in the skin care aisle at:

CVS/pharmacy Walgreens

*The person pictured used the entire ActiFade® System, including the concealers, as directed for several months. Since skin pigmentation varies, your results may vary, even with use of the concealers.



NEW at Walgreens!
Neck-Lifting Serum
- **Reduce Wrinkles & Neck Sag!**

#1 top Dry, Flaky Skin & Scalp Formula: *SkinZinc® Dual Medication Complex*

Restore your skin to a clearer, healthier state faster.

SkinZinc® dual-medicated complex for skin & scalp integrates steroid-free, advanced, scaling itch relief with a powerful medication to battle other tough seasonal skin disorders and dry flare-ups. SkinZinc® goes deep to eliminate even the most stubborn symptoms associated with many forms of psoriasis, dermatitis, red itchy eczema irritation, and even intense scalp dandruff.





NEW! **Lower Price PLUS SAVE an Additional $5** - *see below.*

Find the SkinZinc® Dual Medication Complex at:

CVS/pharmacy Walgreens Supercenter NEW!

*These results not typical. Individual results will vary.

#1 top Keratosis Pilaris *(chicken skin)* Formula: *ActiFade® skinbumps :KP Complex*



Stop Keratosis Pilaris and dry "chicken skin."

Blending science and moisturizing therapy into one smooth, supple, hydragent result, ActiFade® skinbumps :KP is a retexturizer with a proprietary blend of alpha-hydroxies to give your skin that younger-looking, smooth glow. Your skin will be feeling soft, porcelain-smooth and boyfriend-worthy. Think of it as a pain-free, smoother-outer, without risky chemical peels or expensive prescriptions for your skin.

Find ActiFade® skinbumps :KP in the skin care aisle at: Walgreens



*These results not typical. Individual results will vary.

Go to www.KellysTopPicks.com and SAVE $5!

Advertisement

what could be better?

THE BEST PRODUCTS AND PROMOTIONS DESIGNED TO HELP YOU LIVE BETTER

A different school of thought.℠
KAPLAN UNIVERSITY

THE WORLD NEEDS TALENT.

Your talent. That's why Kaplan University puts your education first. With 125+ degrees and programs, develop your talent in the field of study that's right for you. It's your time.

Visit **kaplan.edu/talent**

glade® RELAXING MOMENTS™

EXPERIENCE THE GLADE RELAXING MOMENTS™ COLLECTION

Fragrances like Cool Serenity, Island Escape™ and Water Blossoms™ transport you to a place where you can relax and unwind.

Glade.com/RelaxingMoments



PLEDGE TO PUT YOUR SKIN FIRST

It's time to treat skincare more like healthcare. Because when you put your skin's health first, youthfulness, confidence and beauty all will follow.

Join the movement to put your Skin First at **facebook.com/EucerinUS**.

PUT THE HEALTH OF YOUR SKIN FIRST.

Eucerin®



VERA BRADLEY: SHOP FOR A CAUSE

Twirly Birds Pink is our newest Breast Cancer Awareness design. Twittering sweet songs of hope for a cure, these raspberry pink and warm white warblers also sing of support.

verabradley.com



ZICAM SINUS AND CONGESTION RELIEF

The patented no-drip liquid® nasal gel™ formula in Zicam's Congestion and Sinus Relief stays in place where it works best and provides instant relief. Visit **zicam.com/BHG** for a $2 off any Zicam® Nasal Product coupon.

BHG.com goes mobile! Check it out now on your smart phone.

resources

Materials; 913/371-7757. **Cedar shingle siding**—home stores. **Windows,** Proline—Pella Corp.; 888/847-3552; pella.com. **Door**—Simpson Door Co.; 800/746-7766; simpsondoor.com. **Paint,** #HC20, **trim,** #HC81—Benjamin Moore & Co.; benjaminmoore.com.
Page 92: architect/builder—Greg Rothers, Rothers Design/Build (see previous). **Limestone**—Sturgis Materials (see previous). **French door**—Pella Corp.; 888/847-3552; pella.com.

EASY BEING GREEN

Pages 96-103: architect—Mike Phinney, Phinney Design Group; 518/587-7120; phinneydesign.com. **Interior design**—Pat DeMento & Steve Momrow, Moose Creek Ltd.; moosecreekltd.com. **Builder**—Frank Laskey, Capital Construction, Inc.; 518/884-4555; capitalconstruction.com. **Landscaping**—Gardenmasters; 518/695-4320. Saratoga Landscaping; 518/581-1413; saratogalandscape.com. **Windows and French doors**—Integrity Windows by Marvin distributed by Harbrook Windows; 800/735-1427; harbrook.com.
Page 96: paint (Wasabi) Affinity Colors—Benjamin Moore & Co.; benjaminmoore.com. **Concrete countertop**—Armstrong Stone; 518/854-3137; armstrongstone.com. **Dura Supreme Cabinets**—through Element Home Studios; 518/858-1639. **Sink and faucet**—Kohler Co.; 800/456-4537; kohler.com. **Lighting**—Progress Lighting; progresslighting.com. **Runner,** "Rouge Ticking"—Dash & Albert Rug Co.; 800/442-8157; dashandalbert.com. **Appliances**—Bosch; 800/866-2022; boschappliances.com.
Page 98: exterior paint (Mannered Gold) SW6130, **trim** (Macadamia) SW6142—Sherwin-Williams; 800/474-3794; sherwin-williams.com. **Sofa,** #7222-2 Normandy finish, yellow fabric, **chair,** #7222-6 Normandy finish, red chenille fabric, **ottoman,** #72222-12 (same fabric as chair)—Century Furniture; centuryfurniture.com. **Rug,** "Somerset"—Dash & Albert (see previous). **Woven tray**—Pottery Barn; 800/922-5507; potterybarn.com.
Page 101: table, Stanley Round Leaf, **chairs,** Bristro Highback (Porch Red), **chandelier,** Lt. Moses Willard McDonald (multi color finish)—Moose Creek Ltd. (see previous). **Sisal rug**—Pottery Barn (see previous). **Artwork**—Riverfront Studio; 518/695-5354; riverfront-studio.com.
Page 103: fireplace materials, Brick Nepal Slate (4"x16")—Porcelano USA; porcelanous-usa.com. **Mantel and hearth**—Armstrong Stone (see previous). **Leather chair,** "Palma Lounge chair" crocodile embossed leather by Palacek—Moose Creek, Ltd. (see previous). **Rug,** "Somerset"—Dash & Albert (see previous). **Woven tray**—Pottery Barn (see previous). **Bamboo throw**—Home Goods; homegoods.com (inventory may vary).

BACK-DOOR ORDER

Pages 108-112: interior design, bench, shoe cubbie—Catherine King Design, Portland, ME 04103. **Project design**—Harborside Design; 207/846-4136; harborside-edesign.com. **Builder**—Fine Lines Construction; 207/846-4136; harborsidedesign.com. **Bench fabric,** "Cora Stripe" (High Tide)—Kloplavitch & Zimmer Textiles (To The Trade) through a designer. **Wall color** (Hawthorne Yellow)—Benjamin Moore & Co.; benjaminmoore.com. **Knobs, bin pulls**—Decorum Hardware (no longer in business). **Windows**—Andersen Windows, Inc.; 800/426-4261; andersenwindows.com. **Slate floors**—Dal-tile Corp.; 800/933-8453; daltileproduct.com. **Rugs**—Homespice Décor; 866/934-4224; homespicedecor.com.

POLISHED STONE

Pages 132-137: landscape architect and water fountain design—Wesley Wirth, Thomas Wirth Assoc., Inc., Landscape Architecture; 508/651-3643; thomas-wirthassociates.com. **Landscape construction, wood post and metal spout**—Eric R. Lussier Corp., Landscape Design & Construction; 781/235-2332; lus-siercorp.com. **Lighting design and installation**—Shadows& Light; davebalkema@mac.com. **Stone**—Swenson Granite Works; swensongranite.com. **Metal handrail welding**—B Welding; bwelding.com. **Metal patio furniture, Lulu lounge chairs, Platinum Orbit table**—Janus et Cie & Dedon; 617/737-5001; janusetcie.com. **Brown ceamic planters, Huechera, Grasses, Smoke Bush**—Winstons' Flower and Garden; 617/541-1100. **Bamboos**—New England Bamboo/Green Top LLC, newengbamboo.com; 978/546-3581. **Rear red shaft bamboos**—Bamboo Garden; bamboogarden.com. **Specimen trees**—Select Horticulture; 978/365-6677. **Other plants**—Cavicchio's; cavicchio.com. **Homeowner**—Sue Kwasnick; artwork can be viewed online; suekwasnick.com.

THINK AHEAD

Pages 160-164: daffodil bulbs—brentandbeckysbulbs.com; colorblends.com or dutchbulbs.com.

NO STONE UNTURNED

Page 152-158: garden designer—Margie Grace, Grace Design Assoc., Inc.; 805/687-3569; gracedesignassociates.com. **Architect**—Michael Kaufman Designs; mkd-arc.com. **Contractor for house**—Dennis Allen; Allen Assoc; dennisallenassociates.com. **Plant materials**—San Marcos Growers; 805/683-1561; smgrowers.com. **Containers**—Asian Ceramics, Inc.; 626/449-6800; asian-ceramics.com.
Page 154: chaise lounge chairs—Porch Home and Garden; porchsb.com. **Landscape lighting**—Santa Barbra Illumination; 805/962-2929.
Page 156: stools—Porch Home and Garden (see previous). **Hot tub**—Gordon & Grant Hot Tubs & Spas; 805/963-5353; gordonandgrant.com. **Surrounding stone work**—Grace Design Assoc. (see previous).
Page 158: painting—Brian Andreas, Story People; storypeople.com (greeting cards and gifts) . **Teak table, chairs**—Kingsley-Bate; 703/361-7000; kingsleybate.com. **Table linen/dishes**—Linens and Things; 866/568-7378. **Fiestaware**—vintage.

SEIZE THE DAY

Pages 138-144C: gourd seeds—Harris Seeds; harrisseeds.com. **Table**—World Market; worldmarket.com. **Linen napkins**—Pottery Barn; potterybarn.com.

FULL CIRCLE

Page 144D: wreath design—Trish's Secret Garden Landscaping; secretgardenlandscaping.com. **Sphagnum moss wreath**—Topiary Art Works; topiaryartworks.com. **Wire wreath form, sphagnum moss liners**—Garden Artisans; gardenartisans.com.

GARDEN KNOW-HOW

Pages 167-173: hardy spring-flowering bulbs—Brent and Becky's; brentandbeckysbulbs.com. White Flower Farm; whiteflowerfarm.com. **Bulb auger bits**—Ace Hardware; acehardware.com. **American cranberry bush (Viburnum trilobum), beautyberry (Callicarpa dichotoma), winterberry (Ilex verticillata)**—Bailey Nurseries; baileynurseries.com. Monrovia Nursery; monvrovia.com. White Fower Farm (see previous). **Garden fabric**—Gardener's Supply Co.; gardeners.com.

BEAUTY

Page 180: Bobbi Brown Lip Color—select department stores; bobbibrowncosmetics.com. **Avon Ultra Color Rich Lipstick**—Avon representatives; avon.com. **Mary Kay Creme Lipstick**—Mary Kay representatives; marykay.com. **Too Faced Lip of Luxury**—Sephora stores nationwide; toofaced.com. **Nvey Eco Organic Lipstick**—Sephora stores nationwide; econveybeauty.com, sephora.com.
Page 182: Philosophy Shower for the Cure Shower Gel—select department stores and Sephora stores; philosophy.com. **Clinique Great Lips, Great Cause Key**—select department stores; clinique.com. **Shiseido Luminizing Satin Eye Color Trio**—exclusive to Macy's and Sephora stores nationwide; macys.com; sephora.com. **Revlon Illuminance Crème Eyeshadow Quads**—mass market retailers nationwide; revlon.com. **Burt's Bees Cranberry and Pomegranate Sugar Scrub**—mass market retailers nationwide; burtsbees.com. **Weleda Pomegranate Hand Cream**—select health food stores and Target stores nationwide; target.com. **Aveeno Positively Nourishing Smoothing Body Wash**—mass market retailers nationwide; aveeno.com. **Suave Pomegranate Splash Shampoo**—mass market retailers nationwide. **American Beauty True Delight Perfume**—Kohls stores nationwide; americanbeautycosmetics.com.
Pages 186, 189: Neutrogena Age Shield + Repair Anti-Aging Sunblock SPF 55, Neutrogena's Sonic Power Cleanser—mass market retailers nationwide; neutrogena.com. **H2O+ Green Tea Antioxidant Serum**—H2O+ stores and select boutiques; h2oplus.com. **Skin Effects 8% Glycolic Peel Kit**—CVS stores nationwide; cvs.com. **Clean & Clear Morning Burst Facial Scrub**—mass market retailers nationwide; cleanandclear.com. **Clarisonic Mia Sonic Skin Cleansing System**—select department stores and spas; clarisonic.com. **L'Oréal Advanced Revitalift Deep-Set Wrinkle Repair Night Cream**—mass market retailers nationwide; lorealparisusa.com. **Olay ProX Discoloration Fighting Concentrate**—mass market retailers nationwide; olay.com. **Kiehl's Photo-Age Corrector Kit**—Kiehl's stores and select department stores; kiehls.com.

I DID IT

Page 204: large white bowl in cabinet, orange votives—West Elm; 888/922-4119; westelm.com. **Yellow cutting board, dish towel, yellow vase, glasses, white and yellow dishes in cabinet**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Monogrammed mugs**—Anthropologie; 800/309-2500; anthropologie.com. **All other items**—antique, discontinued, or personal belonging.



CLASSIFIEDS

Classified advertising information:
(800) 633-6789 • bhg@russelljohns.com

BLINDS & WALLPAPER

GUARANTEED LOWEST PRICES ON BLINDS AND WALLPAPER. Save 25% - 85%. All name brands. Free shipping. Free blinds and wallpaper catalog. Steve's Blinds & Wallpaper. **www.StevesBlinds.com (800) 706-5166.**

CARPET/FLOORING

CARPET, VINYL, HARDWOOD FLOORING. Wholesale prices. Carpet Express Inc. **(800) 922-5582, www.carpetexpress.com**

CHINA/CRYSTAL/SILVER

CHINA/CRYSTAL/SILVER, COLLECTIBLES. Old and new. Replacements, Ltd., P.O. Box 26029, Dept. GB, Greensboro, NC 27420. **1-800-REPLACE, www.replacements.com**

EMPLOYMENT/BUSINESS

PROCESS MAIL! PAY WEEKLY! Free supplies. Genuine opportunity. Bonuses. **www.ameripub.com (888) 302-1521.**

FABRICS/UPHOLSTERY

SOUTHERN DESIGN. Discounted designer fabrics, wallpaper, trims. First quality. **(800) 245-3071.**

FURNITURE

SUBSTANTIAL SAVINGS on fine furniture! 40%-60% off retail! Nationwide delivery! **(843) 839-9009, www.seasidediscountfurniture.com** Guaranteed lowest prices! Credit cards accepted!

HOME IMPROVEMENT

GRANITE COUNTERTOPS for $59. Believe it! **www.GIANIgranite.com**

Check out our shopping site for your **FREE $50** Gift Certificate!





Better Homes and Gardens® Home Shopping Connection

I Did It!

"I see patterns in everything all the time and I think, that would make an interesting cake."

Tricia Patterson



Tricia Patterson looks for cake-decorating inspiration everywhere—and this time she found it in the napkin table runner on the July cover of *Better Homes and Gardens*. "I absolutely loved the bright colors and the mixed patterns," says Tricia, owner of Patty Cakes, a specialty cake business in New Jersey. It was perfect timing: When she received her July issue, Tricia had just been hired to make a graduation cake that was "funky and fun," and, most important, partly orange. Using different patterns from the runner for each side of the square cake, Tricia met the challenge—another mission sweetly accomplished for this creative baker. "It really is satisfying," she says, "to create a work of art that also tastes good." ■

MONICA AYRES

PHOTO: JOHN BESSLER.

BETTER HOMES AND GARDENS® (ISSN-0006-0151) IS PUBLISHED MONTHLY AT $22 A YEAR BY MEREDITH CORPORATION, 1716 LOCUST ST., DES MOINES, IA 50309-3023 U.S.A. PERIODICALS POSTAGE PAID AT DES MOINES, IOWA, AND AT ADDITIONAL MAILING OFFICES. THIS ISSUE IS PUBLISHED IN MULTIPLE EDITIONS. SUBSCRIPTION PRICES: ONE YEAR $22 IN THE UNITED STATES AND ITS POSSESSIONS, CANADA AND FOREIGN $35 PER YEAR. BETTER HOMES AND GARDENS IS A REGISTERED TRADEMARK IN THE UNITED STATES, CANADA AND AUSTRALIA. BETTER HOMES AND GARDENS, MARCA REGISTRADA EN MEXICO. MANUSCRIPTS AND PHOTOGRAPHS: THEY MUST HAVE RETURN POSTAGE. IF THEY'RE UNSOLICITED, WE CANNOT BE RESPONSIBLE FOR THEM. POSTMASTER: SEND ADDRESS CHANGES TO BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. OCTOBER 2010, VOL. 88, NO.10. CANADA POST PUBLICATIONS MAIL SALES PRODUCT AGREEMENT NO. 40068922; CANADIAN BN 12348 2887 RT; RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: BETTER HOMES AND GARDENS®, P.O. BOX 882 STN MAIN, MARKHAM, ON, L3P 9Z9. © COPYRIGHT MEREDITH CORPORATION 2010. ALL RIGHTS RESERVED. PRINTED IN U.S.A. FOR SERVICE ON YOUR SUBSCRIPTION, INCLUDING CHANGE OF ADDRESS, WRITE TO: BETTER HOMES AND GARDENS CUSTOMER SERVICE, P.O. BOX 37449, BOONE, IA 50037-0449. PLEASE ENCLOSE YOUR ADDRESS LABEL FROM A RECENT ISSUE. VISIT US AT BHG.COM/SERVICE ON THE INTERNET. RIDE ALONG PIECE ENCLOSED IN VERSION AAAT.

How many times have you poured a spoonful of regret into your latte? Try some honest sweetness instead.

Truvía™ natural sweetener is born from the stevia leaf with great taste, zero calories and no guilt. Your morning coffee ritual suddenly feels good again. Find out more at truvia.com





honestly sweet.™

©2010 Cargill, Incorporated. All Rights Reserved. Truvía™ and honestly sweet™ are trademarks of The Truvía Company LLC.


©Inter IKEA Systems B.V. 2010
EVERYDAY QUALITY - LIMITED WARRANTY
25
YEAR
IKEA
AKURUM/ÄDEL kitchen*
Starting at
$1999
Based on 10'×10' kitchen
Made by the Garcias
Designed by IKEA®
Sparky loves cleanup. Now, Lisa doesn't mind it either. Her new kitchen feels custom designed with integrated appliances and lighting. And she got everything she needed for it in one place. A complete kitchen made exactly how Lisa dreamed it…without laying off her favorite little dishwasher. Dream your very own kitchen at IKEA-USA.com/kitchen
AKURUM kitchen with ÄDEL doors and drawer fronts $6529 Medium brown stained and clear lacquered solid birch/birch veneer ÄDEL doors/drawer fronts. Requires assembly and installation. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toekicks, legs, visible moldings and panels. Countertops, sinks, faucets, handles and knobs, appliances and lighting are sold separately. See IKEA store or IKEA-USA.com for limited warranty details. Valid in US stores. See IKEA store for country of origin information and 10'×10' kitchen layout details.
IKEA®
The Life Improvement Store™